# Trellis/Bistro Menu

Week of November 3rd

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three</u> Starters and Featured Dessert or Ice Cream

#### **Featured Starters**

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

- Baked Garlic Poppyseed Rolls \*
- · Side Garden Salad 🔕
- · Featured Starter: Broccoli Salad
- · Weekly Soup: Classic Chili

### <u>Always Available</u> 📀

- · Fresh Banana, Apple, or Orange
- · Mandarin Oranges or Peaches
- · Fruit Cocktail
- Low Fat Cottage Cheese
- · Low Fat Yogurt
- · Un Sweetened Apple Sauce

#### **Desserts**

**Monday: Assorted Pies** 

**Tuesday: Bumbleberry Pie** 

Wednesday: Apple & Banana Cake

Thursday: Chocolate Raspberry Torte @

Friday: Blueberry Cream Cheese Pie

#### Ice Cream

DE NSA Chacalata

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

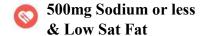
**Rainbow Sherbet** 

**Midnight Caramel River** 

**Deep Dish Apple** 

RF Reduced Fat

**NSA No Sugar Added** 



**Gluten Free** 

**D** Dairy Free

## **Daily Entrée Selections**

Monday, November 3rd:

Soup of the Day: Cream of Pumpkin

**Option 1:** Broiled Atlantic Cod with Fresh Lemon, Tartar Sauce, Herb Roasted Potatoes, and Sauteed Spinach © © D

**Option 2:** Grilled Chicken Breast with Pistachio Basil Cream Sauce, Pinenuts, Wild Rice Pilaf, and Steamed Asparagus

**Tuesday, November 4th:** 

Soup of the Day: Spinach Artichoke

**Option 1:** Parmesan Crusted Lake Superior Whitefish with Roasted Lemon-Chive Butter, Orzo Pasta, and French Beans (available **(3)** 

**Option 2:** Baked French Onion Meatloaf with Mashed Potatoes and Herb Roasted Brussel Spouts

Wednesday, November 5th:

Soup of the Day: Italian Wedding

**Option 1:** Baked Stuffed Seafood Cannelloni with Shrimp, Scallops, Crab Meat, and Baby Spinach topped with White Cheddar & Parmesan Cheese Cream Sauce

Thursday, November 6th:

Happy 28th Anniversary, Silver Maples!
Options 5& 6 are not Available Tonight

Soup of the Day: Lobster Bisque

**Option 1:** Baked Salmon Wellington in Puff Pastry with Creamy Lemon, Dill, and Spinach Filling served with Wild Rice Pilaf and Fresh Asparagus Medley

**Option 2:** Slow Roasted Prime Rib Ajus with Mashed Potatoes and Fresh Asparagus Medley

Friday, November 7th:

Soup of the Day: Cheesy Broccoli

**Option 1**: Louisiana Fried Catfish with Black Bean and Corn Relish, New Orleans Rice, and Honey Chipotle Carrots (P)

Option 2: Corned Beef & Cabbage with Steamed Potatoes and Carrots served with Dark Rye Bread and Dijon Mustard on the side (D)

Options 3 - 6 listed on back of Menu

## rellis/Bistro Menu

(Page 2) Fall Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm \*Please be seated by 5:45pm\*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm

Pick Up, Delivery & Curbside Service are available everyday

#### Featured Starters

Please Choose up to Three Starters

All Starters Gluten Free <u>Unless</u> Noted \*

- Baked Garlic Poppyseed Rolls \*
- · Side Garden Salad 🔕



· Featured Starter: Broccoli Salad

· Weekly Soup: Classic Chili

#### Always Available 💿

- · Fresh Banana, Apple, or Orange
- · Mandarin Oranges or Peaches
- · Fruit Cocktail
- · Low Fat Cottage Cheese
- · Low Fat Yogurt
- Un Sweetened Apple Sauce

#### **Desserts**

**Saturday: Chocolate Covered Rice** 

**Krispie Treats** 

**Sunday: Pumpkin Molasses Cake** 

#### Ice Cream @

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pe-

can

Vanilla Bean

**Dark Chocolate Raspberry** 

Road Runner Raspberry

Cappuccino Crunch

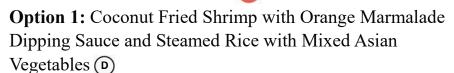
**Rainbow Sherbet** 

Midnight Caramel River

**Deep Dish Apple** 

## Saturday, November 8th

Soup of the Day: Pasta Bean



**Option 2:** Diced Chicken with Fresh Carrots, Celery, Peas, Onion, and Cream over a warm Biscuit served with a Petite Caesar Salad

## Sunday, November 9th

Soup of the Day: Creamy Potato

Option 1: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Tropical Fruit Salad

**Option 2:** Baked White Chicken Lasagna with Italian Seasonings, Mozzarella & Parmesan Cheeses, and Garlic Bread served with Grilled Zucchini

## Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Fall Market Vegetables, Quinoa, Portobella Mushrooms, and Mozzarella Cheese (served with or without Grilled Chicken) 🚫 🕕

Option 4: Grilled Chicken Salad with Fresh Greens, Shredded Carrots, Tomatoes, Radish, and Mushrooms served with Garlic Croutons (D) and Homemade Ranch Dressing (S)

**Option 5:** Trio of Fall Salads with Honey Pecan Chicken, Shrimp with Crab, and Old Fashioned Chopped Ham served on Mixed Greens @ with a Muffin and Fresh Fruit

**Option 6:** Greek Lamb Meatballs with Fresh Chopped Tomato, Red Onion, Cucumber Salad, Kalamata Olives, Steamed Jasmine Rice, (D) and Creamy Cucumber Yogurt Sauce Sauce

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Alert staff to any allergies or dietary needs. In order to better serve you, Please keep substitutions to a minimum.



**Silver Maples 28th Anniversary!** 

Come Celebrate with Us

Thursday, November 6th Beginning at 4:30pm

**Bistro & Trellis Dining Rooms** 

Due to Limited Space, Residents Only Please