



Trellis/Bistro Menu

Week of April 22nd

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

Weekly Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted*

- Fresh Baked French Rolls *
- Fresh Apple, Orange or Banana ♥
- Low Fat Cottage Cheese ♥
- Un Sweetened Apple Sauce ♥
- Low Fat Yogurt Cup ♥
- Mandarin Oranges or Peaches
- Roasted Red Pepper Hummus with Fresh Vegetables
- Side Asian Salad
- Weekly Soup: Chicken & Orzo Vegetable *
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

Desserts

Monday: Shirley Temple Cake

Tuesday: Boston Cooler

Wednesday: Homemade Puff Pastry

Thursday: Blueberry Cream Cheese Pie

Friday: Hot Fudge Brownie Sundae

Ice Cream **GF**

RF NSA Vanilla or Chocolate

RF NSA Strawberry

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Cappuccino Crunch

Orange Sherbert

RF Reduced Fat

NSA No Sugar Added

D Dairy Free

♥ Heart Healthy Item

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

Monday, April 22nd:

Soup of the Day: Vegetable Beef **GF R**

Option 1: Broiled Atlantic Cod **D** Piccata with Lemon Caper Butter, Roasted Potatoes and Baby Carrots **GF**

Option 2: Veal Paprikash with Mushroom Paprika Cream Sauce, Mashed Potatoes and Steamed Peas ♥

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Tuesday, April 23rd:

Soup of the Day: Creamy Garlic

Option 1: Chilled Gulf Shrimp with Cocktail Sauce, Home Made Potato Salad & Vegetable Sticks ♥ **GF D**

Option 2: Baked Tuscan Chicken with Sundried Tomatoes, Mushrooms, Spinach and Cream served with Wild Rice Pilaf and Fresh Asparagus **GF**

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Wednesday, April 24th:

Soup of the Day: BLT

Option 1: Pistachio Crusted Atlantic Salmon with Roasted Fingerling Potatoes & Steamed Asparagus Almondine ♥ **GF D**

Option 2: Grilled Mesquite BBQ Chicken Breast with a Baked Potato, "Everything Seasoned Sour Cream" and Sweet Corn ♥ **GF D**

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Thursday, April 25th:

Soup of the Day: Lobster Bisque

Option 1: Seafood Linguine Alfredo with Shrimp, Scallops, Crab & Clams, served with Fresh Broccoli ♥

Option 2: Home Made Slow Roasted Beef Pot Roast with **D** Buttermilk Mashed Potatoes and Braised Pot Roast Vegetables **GF**

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Friday, April 26th:

Soup of the Day: Chicken & Wild Rice **GF R**

Option 1: Broiled Lake Trout with Apple Onion Relish, Steamed Redskin Potatoes & Baked Spiced Butternut Squash ♥ **GF D**

Option 2: Slow Cooked Chicken Coq au Vin with Thigh Meat, Red Wine, Bacon and Tomato Paste **D** served with Garlic Mashed Potatoes and Roasted Baby Carrots ♥ **GF**

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

Trellis/Bistro Menu

(Page 2) The Bistro Dining Room is Closed Saturday & Sunday.

The Trellis & Arbor Dining Rooms are open from 4:00pm—6:00pm.

Pick Up, Delivery & Curbside Service are available everyday.

Weekly Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted**

- Fresh Baked French Rolls *
- Fresh Apple, Orange or Banana ♥
- Low Fat Cottage Cheese ♥
- Un Sweetened Apple Sauce ♥
- Low Fat Yogurt Cup ♥
- Mandarin Oranges or Peaches
- Roasted Red Pepper Hummus with Fresh Vegetables
- Side Asian Salad
- Weekly Soup: Chicken & Orzo Vegetable *
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

Desserts

Saturday: Fantasy Fudge

Sunday: Assorted Pies

Ice Cream **GF**

RF NSA Vanilla or Chocolate

RF NSA Strawberry

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Cappuccino Crunch

Orange Sherbert

Saturday, April 27th

Soup of the Day: Hungarian Mushroom

Option 1: Crab Stuffed Mushrooms **D** with Parmesan Cheese Sauce, Wild Rice Pilaf and Steamed Broccoli ♥

Option 2: Sloppy Joe Sandwich **GF** on a Fresh Baked Bun served with Fried Potato Wedges **D** Creamy Cole Slaw

Sunday, April 28th

Soup of the Day: Cheesy Broccoli **GF**

Option 1: Baked Chicken Parmesan with Provolone Cheese, Linguine Noodles with Marinara Sauce & Fresh Grilled Zucchini ♥

Option 2: Baked Ham with Macaroni and Sharp Cheddar Cheese, served with Steamed Broccoli, Carrots and Cauliflower ♥

Additional Entrée Selections

Option 3: Penne Pasta Primavera with Sundried Tomatoes, Fresh Vegetables, Olive Oil, Garlic & Herb Sauce, **D** and Parmesan Cheese

Option 4: Grilled Asian Chicken Salad with Fresh Greens, Red Pepper, Carrots, Cucumbers, and Mandarin Oranges **GF** topped with Crunchy Noodles and Sesame Asian Vinaigrette Dressing ♥ **D**

Option 5: Fried Chicken Wings **D** tossed with Garlic Parmesan Sauce served with French Fried Potatoes and Fresh Vegetable of the day **GF**

Option 6: Grilled Ahi Tuna served Medium and topped with Puttanesca Sauce with Tomatoes, Black Olives, Capers, Anchovies, Onions, Garlic, and Italian Herbs served with Roasted Potatoes and Fresh Vegetable of the day **GF** **D**

*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.*

Beverage Menu

Wines available by the Glass \$3 or Bottle \$10

Canyon Road of California

Pinot Grigio, Chardonnay, Merlot or Cabernet Sauvignon

Beer Selection

Labatt, Labatt Blue Light or Heineken \$3