



# Trellis/Bistro Menu

Week of April 7th

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

## Featured Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

- Fresh Baked Garlic Poppysed Rolls
- Side Italian Salad ( GF w/o Croutons)
- Weekly Soup: Lemon Chicken and Wild Rice

## Always Available

- Fresh Banana, Apple, or Pineapple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Monday: Lemon Bars with Raspberry Melba Sauce

Tuesday: Cherry Pie

Wednesday: Chocolate Pudding Cake

Thursday: Lemon Cheesecake Cutie Pies

Friday: Peanut Butter Cream Pie

## Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added

Dairy Free

500mg Sodium or Below

Gluten Free

## Daily Entrée Selections

Monday, April 7th:

**Soup of the Day: Spring Onion**

**Option 1:** Broiled Shrimp & Creamy Grits with Parmesan Cheese, Bacon, Green Onion, and Roasted Carrots

**Option 2:** Slow Cooked Swedish Meatballs with Redskin Mashed Potatoes, Mushroom Gravy, Mixed Squash, and Cranberry Sauce

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Tuesday, April 8th:

**Soup of the Day: Beef & Bean Chili**

**Option 1:** Seared Seasoned Louisiana Catfish with Roasted Yukon Gold Potatoes and Steamed Asparagus

**Option 2:** Grilled German Bratwurst with Braised Red Cabbage and Potato & Cheese Stuffed Perogies

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Wednesday, April 9th:

**Soup of the Day: Cauliflower, Corn, & Blue Cheese**

**Option 1:** Grilled Honey Balsamic Glazed Atlantic Salmon served with a Sweet Potato Hash and Fresh Asparagus Vegetable Medley

**Option 2:** Baked Chicken Parmesan with Provolone & Parmesan Cheese, Angel Hair Pasta, Basil Marinara Sauce, and Oven Roasted Italian Vegetables

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Thursday, April 10th:

**Soup of the Day: Pasta Fagioli**

**Option 1:** Fried Coconut Crusted Shrimp with Sweet & Sour Orange Dipping Sauce, Steamed Basmati Rice, and Mixed Asian Vegetables

**Option 2:** Slow Cooked Chicken Coq Au Vin (French Stew) with Red Wine, Mushrooms, Bacon, and Pearl Onions served with Mashed Potatoes & Roasted Carrots

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Friday, April 11th:

**Soup of the Day: Chicken Tortilla**

**Option 1:** Hand Dipped Beer Battered Fried Fish Basket served with French Fries, Fresh Lemon, Home Made Tartar Sauce, and Creamy Cole Slaw

**Option 2:** Grilled Sirloin Steak Frites with Garlic Butter, Rosemary Fries, and Roasted Asparagus

## Additional Entrée Selections

Options 3 - 6 listed on back of Menu

# Trellis/Bistro Menu

## (Page 2) 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 Unless Noted \**

- Fresh Baked Garlic Poppysseed Rolls
- Side Italian Salad
- Weekly Soup: Lemon Chicken and Wild Rice 

## Always Available

- Fresh Banana, Apple, or Pineapple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Saturday: Chocolate Cream Pie

Sunday: Butterscotch Pudding

## Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet


Midnight Caramel River

*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.*

## Saturday, April 12th

**Soup of the Day: Cream of Spinach**


**Option 1:** Chicken ala king with Fresh Mushrooms, Carrots, Sweet Peas, and Cream served over Puff Pastry

**Option 2:** Stuffed Baked Potato with Seasoned Ground Beef, Cheddar Cheese Sauce, Chopped Tomato, and Green Onion served with Sour Cream and Steamed Broccoli 




## Sunday, April 13th



**Soup of the Day: Tuscan Bean** 

**Option 1:** Grilled Chicken & Butternut Squash Ravioli with Sage Garlic Cream Sauce served with Steamed Broccoli



**Option 2:** Chilled Honey Pecan Chicken Salad with Granny Smith Apples, Nuts, Mixed Greens, Fresh Baked Warm Muffin, and Fruit & Vegetable Garnish 

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Potatoes, Vegetables, Portobella Mushrooms,  and Mozzarella Cheese (served with or without Grilled Chicken)  

**Option 4:** Grilled Chicken Italian Salad with Fresh Romaine Lettuce, Cannellini Beans, Shredded Carrots, Cherry Tomatoes, and Shredded Mozzarella Cheese served with Garlic Croutons and Zesty Italian Dressing  

**Option 5:** Rigatoni Pasta with Meat Sauce Bolognese served with a Garlic Bread Stick and Italian Green Beans

**Option 6:** Seared Ahi Tuna Poke Bowl with Brown Rice, Avocado, Pickled Vegetables, Toasted Sesame Seeds, Wasabi Mayo, and Asian Vinaigrette  

**The Arbor Dining Room will be renovated with new carpet & flooring beginning April 11th.**

**During this time, Our Meadows residents will be served Breakfast, Lunch & Dinner in the Trellis Dining Room at normal dining hours.**

**Breakfast 7:30-10:00 am, Lunch 11:30am -1:00pm and Dinner 4:00pm – 6:00pm**

**The Trellis Dining Room will open for Maples Residents beginning at 5:00pm. We ask that you let us accompany the Meadows residents from 4:00pm to 5:00pm and refer from having guests. No Change for Bistro. Bistro opens at 4:30pm for dinner as usual.**