



Trellis/Bistro Menu


Week of May 19th

*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 White Pan Rolls *
- Side Caesar Salad *
- Fresh Fruit: Clementines 
- Weekly Soup: Ham & Lentil

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

Monday: Warm Apple & Pear Crisp

Tuesday: Lemon Chiffon Pie

Wednesday: Pig Pickin' Cake

Thursday: Banana Split Cake

Friday: Home Made Strawberry 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

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat




 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, May 19th:




Soup of the Day: Corn Chowder

Option 1: Baked Whitefish with Seasoned Bread
Crumbs,  Roasted Lemon Chive Butter,  Orzo Pasta
with Radicchio, Feta Cheese, and French Beans 

Option 2: Grilled Indian Spiced Chicken Thighs with
Apricot Glaze, Dried Fruit Cous Cous, and Steamed
Local Asparagus   

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Tuesday, May 20th:




Soup of the Day: Vegetable 

Option 1: Cashew Chicken Stir Fry with Broccoli, Sweet
Bell Peppers, Onion, and Sugar Snap Peas served with
Brown Rice, Sesame Stir Fry Sauce, and Toasted
Cashews   

Option 2: All American Cheeseburger with Fresh Leaf
Lettuce, Tomato, and Dill Pickles served with French
Fries and Creamy Cole Slaw (no substitutions please)

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Wednesday, May 21st:




Soup of the Day: Steakhouse Potato

Option 1: Broiled Salmon with Local Harvest Rhubarb
Chutney Baked Potato & Steamed Asparagus   

Option 2: Grilled Sliced Pork Tenderloin   with
Dijon Mustard Cream Sauce, Parmesan Mashed Potatoes,
and Honey Roasted Carrots 

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Thursday, May 22nd:


Soup of the Day: Beef Englander 



Option 1: Grilled Teriyaki Shrimp with Pineapple
Salsa, Steamed Jasmine Rice, and Mixed Asian
Vegetables   

Option 2: Salisbury Steak with Onion & Mushroom
Gravy served over Mashed Potatoes with Garlic Green
Beans

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Friday, May 23rd:

Soup of the Day: French Onion ( w/o Croutons)

Option 1: Seafood Sauté with Gulf Shrimp, Scallops,
and Fresh Fish in a Sherry Wine Garlic Butter Sauce
served with Wild Rice Pilaf and Steamed Vegetable
Medley 

Option 2: Oven Roasted Turkey Breast with Herb &
Apple Stuffing,  Mashed Potatoes,  Gravy, Green
Beans, and Cranberry Sauce

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

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Always Available

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- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt

Desserts

Saturday: Lemon Pretzel Salad



Sunday: Novelty Cones

Ice Cream

- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch

Saturday, May 24th



Soup of the Day: Split Pea with Bacon 

Option 1: Chefs Salad with Deli Turkey & Ham, Crumbled Bacon,  Swiss Cheese, Hard Boiled Egg,  Tomatoes, Cucumbers, and Ranch Dressing on the side

Option 2: Fried Chicken & Baked Waffles with Warm Butter and Maple Syrup. Served with Tropical Fruit




Sunday, May 25th



Soup of the Day: Seafood Chowder

Option 1: Grilled BBQ Chicken Breast with Steamed Corn on the Cobb, Four Bean Salad, and Fresh Fruit  




Option 2: Lobster and Cheese Stuffed Ravioli with Lobster Garlic Cream and Fresh Baby Peas

Additional Entrée Selections

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

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Cherry Tomatoes,  Shredded Parmesan Cheese, Garlic Croutons, and Creamy Caesar Dressing (available )

Option 5: Meatball Sub on a Fresh Baked Bun with Marinara Sauce and Melted Mozzarella Cheese served with Italian Pasta Salad on the side

Option 6: Seared Louisiana Catfish with Black Bean and Sweet Corn Relish, Rice Pilaf and Steamed Mixed Vegetables   

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

Wine Selection

Available by the Glass \$3 or Bottle \$12

Silver Gate of California

Pinot Grigio, Chardonnay, Merlot, or Cabernet Sauvignon

Beer Selection \$3

Labatt, Labatt Blue Light, or Shorts Brewing Company