



Trellis/Bistro Menu



Week of May 26th

*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 Assorted Rolls *
- Side Blueberry Salad
- Side Grandmas Potato Salad
- Fresh Fruit: Mixed Grapes
- Weekly Soup: Chilled Gazpacho  

Always Available

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

Desserts

Monday: Fruit Pie

Tuesday: Cherry Bread Pudding

Wednesday: Ding Dong Cake

Thursday: Black Berry Lime Cake

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

Raspberry Sherbet

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, May 26th: Memorial Day

Join us for our Picnic from 11:30am to 1pm



Soup of the Day: Quinoa Vegetable   



Option 1: Fried Popcorn Shrimp with Lemon, Steamed Broccoli, White Rice, and Zesty Cocktail Sauce

Option 2: Grilled BBQ Chicken Drum Stick with Baked Beans, Corn on the Cobb,   and Cheddar Cornbread

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Tuesday, May 27th:




Soup of the Day: Pasta Fagioli

Option 1: House Smoked Fish Cakes with Fresh Dill Aioli, Wild Rice Pilaf, and Steamed Peas & Carrots  

Option 2: Traditional Spaghetti with Meat Sauce, Mixed Zucchini & Squash,  and Grated Parmesan Cheese (available )

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Wednesday, May 28th:



Soup of the Day: Creamy Tomato Basil

Option 1: Seared Artic Char Almondine with Sliced Almonds, Lemon, and Parsley served with Roasted New Potatoes and Sauteed Spinach with Tomatoes  & Parmesan  

Option 2: Sauteed Chicken Piccata with Lemon Caper Mushroom Butter, Mashed Potatoes, and Roasted Broccolini

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Thursday, May 29th:

Soup of the Day: Chicken Noodle 

Option 1: Oven Roasted Atlantic Cod with Seasoned Bread Crumbs, Mashed Potatoes, Carrots, and New England Chowder Sauce  

Option 2: Baked Shepherd's Pie with Lean Beef and Broth, Carrots, Celery, Onions, and Peas topped with Mashed Potatoes

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Friday, May 30th:

Soup of the Day: Hungarian Mushroom

Option 1: Pan Seared Chicken Cutlets with Marsala Wine Sauce, Mushrooms, Wild Rice Pilaf, and Fresh Vegetable Medley  

Option 2: Baked Lasagna with Ground Beef, Tomato Basil Sauce, Ricotta and Mozzarella Cheese served with Italian Green Beans and Garlic Toast

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 Assorted Rolls *
- Side Blueberry Salad
- Side Grandmas Potato Salad
- Fresh Fruit: Mixed Grapes
- Weekly Soup: Chilled Gazpacho  

Always Available

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

Desserts

Saturday: Custard Pie

Sunday: Orange Soak Cake

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch




Raspberry 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.*

Saturday, May 31st




Soup of the Day: Bacon Corn Chowder 


Option 1: Penne Pasta Primavera with Mixed Garden Vegetables, Legumes,  and Parmesan served in an Olive Oil, Garlic, & Herb Sauce  (available )

Option 2: Toasted French Dip Sandwich with Roast Beef,  Provolone Cheese, Ajus Dipping Sauce, and Seasoned French Fries

Sunday, June 1st




Soup of the Day: Wedding 




Option 1: Chilled Marinated Shrimp Salad with Butter Lettuce, Corn, Avocado, Bacon, Bell Pepper,  and Goat Cheese served with Cilantro Lime Ranch Dressing  



Option 2: Sweet & Sour Tempura Chicken with a Vegetable Spring Roll, Steamed Jasmine Rice, and Mixed Asian Vegetables 

Additional Entrée Selections

We Apologize Options 5 & 6 are Not Available on Memorial Day

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Tempeh  and Mozzarella Cheese (Available with Grilled Chicken or Salmon)  

Option 4: Grilled Chicken Salad with Fresh Romaine Lettuce,  Goat Cheese, Blueberries, Sliced Almonds, and Poppyseed Vinaigrette Dressing  

Option 5: Shredded Chicken Nachos with Tri Colored Corn Tortilla Chips,  Cheese Queso, Chopped Lettuce, Black Olives, Salsa, and Sour Cream served with Rice & Beans 

Option 6: Grilled Atlantic Salmon with Fresh Basil Pesto, Roasted Potatoes, and Fresh Vegetable Medley   



Please Join us for our Memorial Day Picnic!

Monday, May 27th 11:30am—1pm

Bistro Dining Room

Residents = Meal Exchange

Guest Charge = \$25

We wish you a meaningful Memorial Day!