



Trellis/Bistro Menu

Week of June 16th

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 *

- Baked Garlic Poppyseed Rolls *
- Side Garden Salad
- Fresh Fruit: Blueberry & Mango
- Weekly Soup: Chilled Gazpacho

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: Lemon Blueberry Tart

Tuesday: Strawberry Cheesecake Bars

Wednesday: Memaw's Lemon
Sunshine Cake

Thursday: Fruit of the Forest Pie

Friday: Chocolate Bundt 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
- Midnight Caramel River

RF Reduced Fat
NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat




 Gluten Free


 Dairy Free

Daily Entrée Selections

Monday, June 16th: **Happy Birthday Susan!**

Soup of the Day: Lemon Orzo 



Option 1: Baked Atlantic Cod  with Lemon - Parsley
Bread Crumbs, Herb Roasted Redskin Potatoes, and
Sauteed Green Bean, Zucchini & Squash Medley  

Option 2: Oven Baked Greek Chicken Thighs with
Spinach Lemon Rice and Roasted Red & Yellow Beets
with Basil  and Feta Cheese  

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Tuesday, June 17th:

Soup of the Day: Chicken Noodle 



Option 1: Southern Fried Pork Chop with Mashed
Potatoes, Gravy, and Braised Collard Greens with Ham

Option 2: Baked Chicken Caprese with Fresh Basil,
Ripe Tomatoes, Mozzarella Cheese, and Balsamic
Syrup  served with Basil Mashed Potatoes & Grilled
Zucchini 

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Wednesday, June 18th:

Soup of the Day: Tomato, Bacon, & Basil

Option 1: Grilled Atlantic Salmon with Eggplant &
Roasted Red Pepper Relish,  Warm Panzanella Bread
Salad and Steamed Asparagus  

Option 2: Grilled Bratwurst  with Homemade
Spätzle,  Brown Gravy, and Sauerkraut with Bacon,
Apple, and Caraway Seed

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Thursday, June 19th:




Soup of the Day: Hamburger Vegetable 

Option 1: Gulf Shrimp Piccata with Linguine Noodles,
Lemon Caper Mushroom Butter, and Steamed Broccoli

Option 2: Baked Meatloaf with Roasted Tomato -
Balsamic Glaze, Mashed Potatoes, Gravy, and Roasted
Italian Vegetables

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Friday, June 20th:

Soup of the Day: Chicken Velvet 

Option 1: Seared Louisiana Spiced Catfish with Corn &
Black Bean Salsa, New Orleans Rice Pilaf & Maples
Glazed Carrots   

Option 2: Birra Quesadilla with Tender Beef, Cheese
and Rich Consume Dipping Sauce served with Refried
Beans and Mexican Street Corn Salad

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

Trellis/Bistro Menu

(Page 2) Dining Hours

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

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 **

- Baked Garlic Poppyseed Rolls *
- Side Garden Salad
- Fresh Fruit: Blueberry & Mango
- Weekly Soup: Chilled Gazpacho

Always Available

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

Desserts

Saturday: Warm Chocolate Chip Cookies

Sunday: Nutty 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
- 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, June 21st

Soup of the Day: Miso




Option 1: Chicken Pot Pie with Fresh Carrots, Celery, Peas, Onion, and Cream serve with a Petite Caesar Salad

Option 2: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Cranberry Kale and Broccoli Slaw




Sunday, June 22nd




Soup of the Day: Black Bean

Option 1: Grilled Lemon Pepper Lake Trout with Roasted Potatoes and Steamed Vegetable Medley   




Option 2: Grilled Chicken Breast with Warm Pear Chutney,  Mashed Potatoes, and Steamed Broccoli  

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Fresh Romaine Lettuce, Shredded Carrots, Cucumber, Tomatoes,  and Garlic Croutons   served with 1000 Island Dressing

Option 5: All Beef Hamburger served with Fresh Leaf Lettuce, Tomato, Pickle Spear, French Fries, and Creamy Cole Slaw

Option 6: Chilled Gulf Shrimp Cocktail Platter with Dill Potato Salad  and Ancient Grain with Dried Fruit Salad  

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 Heineken