



Trellis/Bistro Menu

Week of June 8th

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 French Rolls *
- Side Salad: Blueberry & Feta
- Featured Starter: German Cucumber Salad
- Weekly Soup: Lemon Orzo Chicken *

Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Key Lime Bomb
5. Strawberry Shortcake (Available)

Ice Cream

RF NSA Vanilla & Chocolate

RF NSA Turtle Sundae

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

Black Cherry Fudge

Dark Chocolate Raspberry

Salted Brownie Sundae

RF Reduced Fat

NSA No Sugar Added

500mg Sodium or less & Low Sat Fat

Gluten Free

Dairy Free

Dinner Entrée Selections

Monday, June 8th:

Soup of the Day: Chicken Noodle

Option 1: Fried Chicken & Waffles with Warm Butter, Maple Syrup, and Fresh Fruit

Option 2: Florentine Stuffed Jumbo Shells with Spinach, Ricotta, and Romano Cheese served with Meat Sauce Marinara and Garlic Green Beans

.....
Tuesday, June 9th:

Soup of the Day: Chilled Strawberry

Option 1: Seared Gulf Shrimp with Mango Lime Salsa, Spanish Rice, and Sesame Snow Peas

Option 2: Grilled Chicken Piccata with Wild Mushroom, Lemon Caper Butter, Linguine Pasta, and Steamed Asparagus (available)

.....
Wednesday, June 10th:

Soup of the Day: Tomato, Bacon, Basil

Option 1: Broiled Orange Roughy with Fresh Lemon, Homemade Tartar Sauce, Baked Potato, and Roasted Ginger Carrots

Option 2: Pork & Vegetable Egg Rolls with Asian Slaw, Vegetable Fried Rice, and Sweet Plum Sauce

.....
Thursday, June 11th:

Soup of the Day: Hamburger Vegetable

Option 1: Baked Alaskan Cod with Lemon Bread Crumbs, Roasted Potatoes, and Broccoli & Cauliflower Medley (available)

Option 2: Braised Boneless Pork Loin Chop with Apple, Cranberry, & Walnut Stuffing, Brown Gravy, and Mixed Squash

.....
Friday, June 12th:

Soup of the Day: Chili

Option 1: Broiled Gulf Shrimp Cakes with Lemon Dill Sauce, Wild Rice Pilaf, and Grilled Asparagus

Option 2: Sirloin Beef Stroganoff with Creamy Mushroom Gravy over Egg Noodles with Green Beans

Additional Entrée Selections

Options 3 – 6 listed on back of Menu

Trellis/Bistro Menu

(Page 2) Summer Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:30pm *Please be seated by 6:15pm*

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 French Rolls *
- Side Salad: Blueberry & Feta
- Featured Starter: German Cucumber Salad
- Weekly Soup: Lemon Orzo Chicken * 

Always Available

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

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Key Lime Bomb
5. Strawberry Shortcake (Available )


Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Turtle Sundae
- Road Runner Raspberry
- Cappuccino Crunch
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry
- Salted Brownie Sundae

**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, June 13th:



Soup of the Day: Cream of Mushroom

Option 1: Fried Chicken Wings served with Steakhouse Potato Salad, Raw Carrots, Celery,  and Ranch Dipping Sauce

Option 2: Ham and Scalloped Potato Casserole served with Steamed Green Beans 




Sunday, June 14th:




Soup of the Day: Creamy Potato Dill


Option 1: Albacore Tuna Salad Plate with Mixed Greens, Hardboiled Egg, Tomato Wedges,  Cottage Cheese, and a Warm Fresh Baked Muffin (available )

Option 2: Chicken Cordon Bleu Baked Potato with Diced Chicken and Ham topped with a Swiss Cheese Sauce served with Steamed Broccoli

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Mixed Greens, Fresh Blueberries,  Feta Cheese, and Sliced Almonds served with Fat Free Raspberry Vinaigrette Dressing  

Option 5: Baked Pepperoni and Cheese Pizza served with Chopped Italian Antipasto Salad (available )

Option 6: Louisiana Spiced Catfish with New Orleans Rice Pilaf, Sweet Corn, Bell Peppers, Onions, and Tomatoes with Cajun Tartar Sauce on the side   

Summer Eats: Did You Know?

Cucumbers are 95% water.

As part of your diet, cucumbers can help hydrate you. Along with cucumbers, other vegetables high in water content are lettuce, celery, bok choy, radish, zucchini, green bell peppers, and asparagus.