



# Trellis/Bistro Menu



Week of July 14th

*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 Garden Salad
- Fresh Fruit: California Peaches 
- Weekly Soup:  
Chilled Mango-Strawberry 

## 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: Pound Cake with Mixed Berry Sauce**

**Tuesday: Fruit of the Forest Pie**

**Wednesday: Chocolate Bread Pudding**

**Thursday: 7 Up Bundt Cake**

**Friday: Banana Cream Pie**

## Ice Cream

- RF NSA Chocolate
- RF NSA Turtle Sundae & Butter Pecan
- Vanilla Bean & Strawberry
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- 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, July 14th:**



**Soup of the Day: Ham Bone **



**Option 1:** Grilled Chicken Pasta with Alfredo Parmesan Cream Sauce and Steamed Broccoli

**Option 2:** Stir Fry Beef Sirloin with Brown Rice, Soy & Ginger Garlic Sauce, Snow Peas, Carrots, Broccoli, Sweet Peppers, and Toasted Sesame Seeds  


**Tuesday, July 15th:**



**Soup of the Day: Minestrone **

**Option 1:** Shrimp Fajitas with Sauteed Mixed Bell Peppers, Onions, Guacamole, and Tomato Salsa  served with Warm Flour Tortillas, Red Beans, and Rice 

**Option 2:** Grilled Pork Tenderloin with Peach Salsa,  Mashed Potatoes, and Roasted Asparagus  

**Wednesday, July 16th:**

**Soup of the Day: Beef & Mushroom Barley **

**Option 1:** Fried Perch with Shoe String French Fries, Creamy Slaw, Lemon, and  Home Made Tartar Sauce (available 

**Option 2:** Spaghetti with Meat Sauce Marinara, Garlic Bread Stick,  Parmesan Cheese, and Steamed Green Beans (available 

**Thursday, July 17th:**



**Soup of the Day: Creamy Chicken & Rice**

**Option 1:** Seared Lake Superior Whitefish Piccata with Lemon Caper Mushroom Butter, Redskin Potatoes, and Steamed Broccoli  

**Option 2:** Sliced Sirloin Beef  with Fresh Basil Butter, White Cheddar Mashed Potatoes, and Roasted Carrots 

**Friday, July 18th:**

**Soup of the Day: Chicken Tortilla  ( w/o Tortilla Strips)**

**Option 1:** Chicken Cacciatore with Red Peppers, Tomato, and Onions  served with Creamy Parmesan Polenta and Roasted Vegetable Medley 

**Option 2:** House Smoked BBQ Pulled Pork with Corn on the Cobb, Creamy Cole Slaw,  and Loaded Potato 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 \**

- Fresh Baked Assorted Rolls \*
- Side Garden Salad
- Fresh Fruit: California Peaches 
- Weekly Soup:  
Chilled Mango-Strawberry 

## 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

Saturday: Twix Brownie



Sunday: Cookie Sundae



## Ice Cream

- RF NSA Chocolate
- RF NSA Turtle Sundae & Butter Pecan
- Vanilla Bean & Strawberry
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River

## Saturday, July 19th

**Soup of the Day: Tomato**

**Option 1:** Grilled Lake Trout with Pancetta Mustard Vinaigrette, Roasted Potatoes, Asparagus Medley,  and Fried Onions 

**Option 2:** Honey Pecan Chicken Salad with Granny Smith Apples, Celery, Onion, and Mayonnaise   served over Fresh Greens with a Baked Muffin and Fruit Garnish




## Sunday, July 20th




**Soup of the Day: Cream of Broccoli**


**Option 1:** Chilled Greek Shrimp Pasta Salad with Cucumber, Black Olives, Red Onions, Tomatoes, Mild Peppers, and Feta Cheese 

**Option 2:** Crispy Baked Chicken Thighs with Apple Chutney, Roasted Yellow Potatoes, and Zucchini, Squash, Corn, & Tomato Medley   

## Additional Entrée Selections

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

**Option 4:** Grilled Chicken Salad with Fresh Greens, Shredded Carrots, Watermelon Radish, Cherry Tomatoes,   and Garlic Croutons  served with Home Made Ranch Dressing

**Option 5:** Baked Three Cheese Flatbread Pizza with Fresh Basil Pesto, Tomatoes, Mozzarella, Parmesan, and Goat Cheese (available 

**Option 6:** Grilled Salmon Salad with Orange Segments, Red Peppers, and Ginger Citrus Vinaigrette Dressing   

*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.*

## 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