

Week of July 21st

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three</u> 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 Asian Salad
- · Fresh Fruit: Pears
- Weekly Soup: Vichyssoise (Chilled Potato Leek)

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: Assorted Fruit Pies

Tuesday: Lemon Blueberry Tiramisu

Wednesday: Strawberry Crunch Cake

Thursday: Heath Bar Cake

Friday: Strawberry Cream Pie

Ice Cream @

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

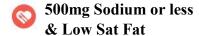
Road Runner Raspberry

Cappuccino Crunch

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added



G Gluten Free

Dairy Free

Daily Entrée Selections

Monday, July 21st:

Soup of the Day: Black Eye Pea

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

Option 2: Grilled Greek Chicken Thighs with Spinach - Lemon Rice and Roasted Red & Yellow Beets © with Feta Cheese © ©

Tuesday, July 22nd:

Soup of the Day: Black Bean and Sausage @

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 and Grilled Zucchini

Wednesday, July 23rd:

Soup of the Day: Creamy Tomato Basil @

Option 1: Seared Atlantic Salmon with Warm Panzanella Bread Salad and Steamed Asparagus

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

Thursday, July 24th:

Soup of the Day: Vegetarian Three Bean Chili

Option 1: Gulf Shrimp Pomodoro Pasta with Tomato Basil Butter, Fresh Mushrooms, and Steamed Broccoli (available **(3)**)

Option 2: Baked French Onion Meatloaf with Mashed Potatoes, Gravy, and Roasted Mixed Vegetables

Friday, July 25th:

Soup of the Day: Chicken Gnocchi

Option 1: Fried Louisiana Spiced Catfish with Local Corn on the Cobb, Black Bean Salsa, New Orleans Rice Pilaf, and Maple Glazed Carrots (available **6**)

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

Options 3 - 6 listed on back of Menu

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(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 Asian Salad
- · Fresh Fruit: Pears
- · Weekly Soup: Vichyssoise (Chilled Potato Leek)

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: Fantasy Fudge

Sunday: Banana Crunch 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

Rainbow Sherbet

Midnight Caramel River

Saturday, July 26th

Soup of the Day: Cream of Spinach @

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 Tropical Fruit Salad

Sunday, July 27th

Soup of the Day: Vegetable 🚫 🙃



Option 1: Chilled Gulf Shrimp Cocktail with Lemon, Cocktail Sauce, and Cranberry Broccoli Salad 🚫 🕕

Option 2: All American Cheeseburger with Fresh Lettuce,

Tomato, Dill Pickle Spear, French Fries, and Creamy Slaw (no substitutes please)

Additional Entrée Selections

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

Option 4: Grilled Chicken Asian Salad with Mixed Greens, Napa Cabbage, Shredded Carrots, Peppers, Pea Pods, @ Crunchy Noodles, and Sesame Vinaigrette Dressing (D)

Option 5: Seared Ahi Tuna Bowl with Brown Rice, Avocado, Pickled Vegetables, Toasted Sesame Seeds, Wasabi Mayo, and Asian Vinaigrette 🚫 🙃 🕞

Option 6: Chilled Summer Salad Trio with Waldorf Chicken, Neptune Seafood, and Traditional Egg served over Mixed Greens with Fresh Fruit Garnish and a Baked Muffin

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 Heineken