



# Trellis/Bistro Menu

Week of July 21st

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 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  
 500mg Sodium or less & Low Sat Fat  
 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 )

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

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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  

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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

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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 )

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

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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 ) 

**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**

# 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 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

*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, 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,  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 

**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

## 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