



# Trellis/Bistro Menu

Week of July 6th

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 \*
- Weekly Side Salad: Greek
- Featured Starter: Veggies & Dill Dip
- Weekly Soup: Chilled Gazpacho 
- Soup of the Day: As Listed
- Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Low Fat Cottage Cheese or 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. Mixed Berry Angel Food Cake

## Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Butter Pecan
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less  
& Low Sat Fat



 Gluten Free

 Dairy Free

## Daily Entrée Selections

Monday, July 6th:


**Soup of the Day: Tomato Basil**



**Option 1:** Broiled Fish Cakes with Lemon Aioli, Wild Rice Pilaf, and Steamed Asparagus and Mixed Zucchini Medley  

**Option 2:** Stuffed Chicken with Brie Cheese served with Apple Chutney, Wild Rice Pilaf, and Roasted Carrots

Tuesday, July 7th:


**Soup of the Day: Summer Vegetable**  

**Option 1:** Seared Atlantic Salmon with Sundried Tomato Pesto, Roasted Potatoes, and Steamed Broccoli Florets   

**Option 2:** BBQ Pork Loin with Black Bean Corn Salsa,   Creamy Mac & Cheese, and Steamed Corn on the Cobb

Wednesday, July 8th:




**Soup of the Day: Ham & Potato**


**Option 1:** Oven Roasted Turkey Breast  with Mashed Potatoes, Gravy, Baby Carrots, and Cranberry Sauce

**Option 2:** Baked Asian BBQ Pork & Beef Meatballs with Broccoli, Carrots, Napa Cabbage, and Baby Bok Choy served with Steamed Sesame Brown Rice  

Thursday, July 9th:




**Soup of the Day: Chicken Noodle** 

**Option 1:** Grilled Arctic Char with Lemon Hollandaise Sauce, Roasted Potatoes, and Steamed Asparagus   

**Option 2:** Traditional Spaghetti with Meat Sauce, Parmesan Cheese, Garlic Bread, and Garlic Green Beans (available )

Friday, July 10th:

**Soup of the Day: Velvet Chicken**

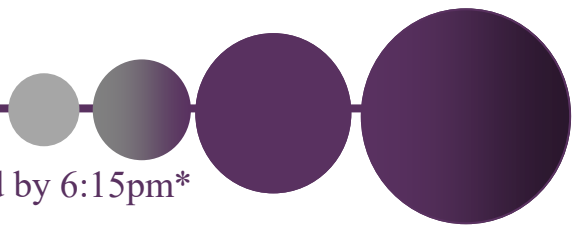
**Option 1:** Grilled Herb Marinated Chicken Thighs with Summer Berry Balsamic Sauce,  Creamy Fingerling Potatoes, and Mixed Zucchini Medley  

**Option 2:** Sliced Roast Beef Ajus  with Mashed Potatoes and Steamed Cauliflower & Broccoli Medley 

## 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 \**

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Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

Black Cherry Fudge

Dark Chocolate Raspberry

*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.*



## 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.



## Saturday, July 11th

**Soup of the Day: Turkey & Rice**  



**Option 1:** Grilled Chicken & Butternut Squash Ravioli with Mixed Squash and Sage Garlic Cream Sauce

**Option 2:** Warm Ham & Cheese Croissant with Lettuce and Tomato served with Cottage Cheese and Fresh Fruit Salad 

## Sunday, July 12th




**Soup of the Day: Zucchini**



**Option 1:** Cranberry Chicken Salad with Mixed Greens, Fresh Fruit, and a Warm Muffin   

**Option 2:** Beef Taco Salad with Shredded Lettuce, Diced Tomatoes, Black Beans,  Cheddar Cheese, Corn Tortilla Chips, Salsa, and Sour Cream 

## Additional Entrée Selections

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

**Option 4:** Greek Grilled Chicken Salad with Fresh Greens,  Feta Cheese, Olives, Cucumbers, Tomatoes, and Creamy Oregano Dressing  

**Option 5:** Chilled Jumbo Shrimp with Lemon & Homemade Cocktail Sauce served on Shredded Lettuce   with Pimento Cheese Spread and Garlic Toast Points

**Option 6:** Broiled Lake Superior Whitefish with Fresh Lemon and Tartar Sauce served with Rice Pilaf and Steamed French Beans 