

Week of July 7th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three Starters</u> 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 Spinach Salad
- Fresh Fruit: Mixed Melon 🔕
- · Weekly Soup: Chilled Gazpacho

## 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: Hot Fudge Brownie Sundae

Wednesday: Apple Blossom

Thursday: Chocolate Sheet Cake

Friday: Cherry Crunch Pie

## Ice Cream @

**RF NSA Chocolate** 

RF NSA Turtle Sundae & Butter Pecan

Vanilla & Strawberry

**Dark Chocolate Raspberry** 

Road Runner Raspberry

Cappuccino Crunch

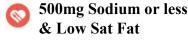
**Rainbow Sherbet** 

**Midnight Caramel River** 

**Peanut Butter Pie** 

**RF** Reduced Fat

NSA No Sugar Added





Dairy Free

# **Daily Entrée Selections**

Monday, July 7th:

Soup of the Day: Tomato Basil

Option 1: Shrimp & Sherry Broiled Bay Scallops with Tomato-Basil Orzo Pasta and Green Bean Almondine

Tuesday, July 8th:

Soup of the Day: Vegetable 🛇 🏵

Option 1: Grilled Chicken & Shrimp with Dijon Mustard Sauce, Dried Fruit Quinoa, and Mixed Kabob Vegetables

(Onions, Peppers, & Mushrooms) 🔕 🚯

**Option 2:** Mesquite Spiced Grilled Sliced Sirloin Steak with Garlic Buttered Potatoes and Steamed Asparagus

Wednesday, July 9th:

Soup of the Day: Chicken and Wild Rice Option 1: Broiled Atlantic Salmon Patties with Lemon Dill Sauce, Wild Rice Pilaf, and Roasted Asparagus of

**Option 2:** Baked Honey Glazed Spiral Ham with Home Made Mac & Cheese and Steamed Broccoli Medley

Thursday, July 10th:

Soup of the Day: Bacon and Corn Chowder Option 1: Broiled Lake Trout with Lemon Hollandaise Sauce, Roasted Potatoes, Zucchini, and Yellow Squash squash

**Option 2:** Baked Cranberry & Brie Stuffed Chicken Breast with Balsamic Drizzle, Basil Mashed Potatoes, and Roasted Carrots

Friday, July 11th:

Soup of the Day: Hungarian Mushroom

Option 1: Baked Orange Roughy with Lemon Bread Crumbs, Steamed Redskin Potatoes, and Roasted Cauliflower (D)

**Option 2:** Beef Stroganoff with Home Made Meatballs, Buttered Egg Noodles, Mushroom Gravy, and Blistered Green Beans with Caramelized Onions

# Additional Entrée Selections

Options 3 - 6 listed on back of Menu

# Trellis/Bistro Menu

(Page 2) Dining Room 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

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- Fresh Fruit: Mixed Melon 🔕
- · Weekly Soup: Chilled Gazpacho

# Always Available 🔕

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- · Fruit Cocktail
- · Low Fat Cottage Cheese
- · Low Fat Yogurt
- · Un Sweetened Apple Sauce

#### **Desserts**

**Saturday: Strawberry Pretzel** 

**Dessert** 

Sunday: Haagen Daz Ice Cream

Bar

## Ice Cream

**RF NSA Chocolate** 

RF NSA Turtle Sundae & Butter Pecan

Vanilla & Strawberry

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

**Midnight Caramel River** 

**Peanut Butter Pie** 

# Saturday, July 12th

Soup of the Day: Roasted Garlic

**Option 1:** Eggplant Parmesan with Mozzarella Cheese served over Pasta with Basil Marinara Sauce and Steamed Italian Green Beans (Available **6**)

**Option 2:** "Marry Me" Chicken with Fresh Basil, Sundried Tomatoes, and Cream served with Mashed Potatoes

# Sunday, July 13th

Soup of the Day: Stuffed Cabbage

**Option 1:** White Chicken Lasagna with Parmesan Cheese and Buttered Peas, Corn, and Carrots

**Option 2:** Open Faced Hot Roast Beef Sandwich with Mashed Potatoes, Onion Gravy, and Buttered Peas, Corn, & Carrots ( w/o Bread)

# Additional Entrée Selections

**Option 3**: Roasted Marinated Vegetable Plate with Market Vegetables, Portobella Mushrooms, Beans, Spinach, (a) and Fresh Mozzarella (served with or without Chicken) (a) (a)

**Option 4:** Lettuce and Baby Spinach Salad with Grilled Chicken, Hardboiled Egg, Fresh Tomato, Red Onion, Crispy Bacon, and Herb Balsamic Vinaigrette Dressing

**Option 5:** Traditional Sloppy Joe Sandwich served on a Fresh Baked Bun with Southern Potato Salad and Creamy Cole Slaw ( w/o Bun)

**Option 6**: Fried Coconut Shrimp Salad with Lettuce, Mandarin Oranges, Fresh Strawberries, Pineapple, and Crushed Cashews served with Mango Black Pepper Vinaigrette Dressing D

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 Non Alcoholic Labatt