

Week of September 15th

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 Blueberry Salad 🔕
- Fresh Fruit: Mixed Fruit 🔕
- · Weekly Soup: Manhattan Seafood \*

## 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: Blackberry Pie

**Tuesday: Lemon Bars with Melba Sauce** 

Wednesday: Snickers Cake

Thursday: Everything but the Kitchen

Sink Cake

Friday: Dutch Apple Pie

## Ice Cream @

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

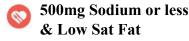
Cappuccino Crunch

**Rainbow Sherbet** 

**Midnight Caramel River** 

**RF** Reduced Fat

NSA No Sugar Added





**D** Dairy Free

## **Daily Entrée Selections**

Monday, September 15th:

Soup of the Day: French Onion ( w/o Croutons)

**Option 1:** Seasoned Skillet Shrimp with Creamy Smoked Corn & Tomato Sauce, New Orleans Rice Pilaf,

and Honey Roasted Carrots 🚫 🙃

Option 2: Pan Roasted Chicken Breast with Pancetta Bacon, Roasted Wild Mushrooms, Sundried Tomatoes, Cream, White Cheddar Mashed Potatoes, and Sautéed Spinach ©

**Tuesday, September 16th:** 

Soup of the Day: Creamy Tomato Basil @

**Option 1:** Blackberry Glazed Chicken Thighs with Dried Fruit Quinoa and Mixed Kabob Vegetables

Option 2: Grilled Sirloin Steak with Red Wine Jus,

Buttered Fingerling Potatoes, © Onion Rings, and Garlic French Beans

Wednesday, September 17th:

Soup of the Day: Cheesy Broccoli

**Option 1:** Gulf Shrimp Linguine with Sundried Tomatoes, Fresh Baby Spinach, Sweet Corn, ( ) and

Preserved Lemon Butter-Garlic Olive Oil Herb Sauce

(available **(a)**)

**Option 2:** Baked Honey Glazed Spiral Ham with Cheesy Potatoes and Steamed Broccoli Medley

Thursday, September 18th:

Soup of the Day: Italian Wedding

**Option 1:** Seared Atlantic Salmon with Sundried Tomato

Pesto, Wild Rice Pilaf, and Asparagus O 🕞 🕞

Option 2: Grilled Pork Tenderloin with Fall Pear Chutney, Balsamic Drizzle, 

Mashed Potatoes, and Asparagus

Friday, September 19th:

Soup of the Day: Mexican Street Corn

**Option 1**: Baked Haddock with Garlic & Herb

Breadcrumbs served over Mashed Potatoes with New England Chowder Sauce served with Roasted Carrots

**Option 2:** Slow Cooked Beef Stroganoff with Buttered Egg Noodles, Mushroom Gravy, and 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

#### **Featured Starters**

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

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- · Side Blueberry Salad 🚫
- Fresh Fruit: Mixed Fruit
- · Weekly Soup: Manhattan Seafood \*

## Always Available 🛇

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

#### **Desserts**

Saturday: Lemon Pretzel Salad

**Sunday: Wild Blueberry Crumble** 

ala Mode

## **Ice Cream**

**RF NSA Chocolate** 

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

Midnight Caramel River

**Bourbon Brown Butter Truffle** 

## Saturday, September 20th

Soup of the Day: Cheeseburger

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

Option 2: Grilled Greek Chicken Gyro on Pita Bread (D) with Feta Cheese, Shredded Lettuce and Red Onion served with Tomato Cucumber Salad and Creamy Yogurt Sauce 🚫

## Sunday, September 21st

Soup of the Day: Chicken Cacciatore 🔕



**Option 1:** Open Faced Roasted Turkey Sandwich with Mashed Potatoes, Gravy, Cranberry Sauce, and Steamed Peas & Carrots

Option 2: Baked Stuffed Peppers with Ground Beef, Rice, and Tomato Sauce served with Roasted Vegetable Medley 🚫 🅶 🕞

## Additional Entrée Selections

Option 3: Roasted Vegetable Plate with Market Vegetables, Portobella Mushrooms, Beans, Spinach, (D) and Fresh Mozzarella (served with or without Chicken) 🔕 🙃

Option 4: Grilled Chicken & Blueberry Salad with Romaine Lettuce, (D) Goat Cheese, Sliced Almonds, and Poppyseed Vinaigrette Dressing **(S)** 

**Option 5:** Grilled Turkey Burger with Fresh Avocado, Lettuce, Tomato, Monterey Jack Cheese and Red Bell Pepper Mayo on the side served on a Pretzel Bun with French Fries

**Option 6**: "Simple Fish" Broiled Orange Roughy with Tomato Basil Garlic Butter, Roasted Potatoes, and Fresh Vegetable Medley 🚫 🙃

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