



Trellis/Bistro Menu

Week of September 15th

*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 *
- 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

 500mg Sodium or less
& Low Sat Fat

 Gluten Free


 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 (Onions, Peppers, and Mushrooms)   

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 

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   

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 **

- 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

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

*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, 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  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,  and Fresh Mozzarella (served with or without Chicken)  

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

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  

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