



Trellis/Bistro Menu

Week of September 8th

*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 French Rolls *
- Side Caesar Salad
- Fresh Fruit: Mixed Fruit 
- Weekly Soup: Butternut Squash

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: Chocolate Chip Cannoli

Tuesday: Strawberry Rhubarb Pie

Wednesday: Butter Pecan Cake

Thursday: Apple Cider Bundt Cake

Friday: Peanut Butter Cream Pie

Ice Cream

Vanilla Bean

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat




 Gluten Free


 Dairy Free

Dinner Entrée Selections

Monday, September 8th:




Soup of the Day: Hearty Vegetable

Option 1: Steamed Gulf Shrimp Pasta Primavera with Mixed Garden Vegetables, Olive Oil, Garlic, and Herb Sauce  and Grated Parmesan Cheese  (available )

Option 2: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg, Carrots, & Peas served with Asian Cabbage Slaw 

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Tuesday, September 9th:

Soup of the Day: New England Clam Chowder

Option 1: Broiled Orange Roughy with Home Made Tartar Sauce, Roasted Red Skin Potatoes, and Steamed Asparagus   

Option 2: Sauteed Beef and Broccoli Stir Fry with Ginger Garlic Sauce, Mixed Vegetables, and Steamed Brown Rice   

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Wednesday, September 10th:

Soup of the Day: Chicken & Wild Rice  

Option 1: Baked Cranberry & Brie Stuffed Chicken Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and Roasted Carrot Medley

Option 2: Baked Shepherd's Pie with Ground Beef, Carrots, Onions, and Peas topped with Mashed Buttermilk Potatoes

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Thursday, September 11th:


Soup of the Day: Bean & Bacon 

Option 1: Sauteed Whitefish Piccata with Lemon Caper Mushroom Butter, Steamed Broccoli, and Linguine (Available )

Option 2: House Smoked Pork Tenderloin with Apple Onion Relish,  Mashed Sweet Potatoes, and Mixed Squash  

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Friday, September 12th:

Soup of the Day: Lasagna

Option 1: Baja Fish Tacos with Flour Tortillas, Fresh Red Cabbage Slaw, and Lime Crema served with Seasoned French Fries (available )

Option 2: Slow Roasted Pot Roast  with Mashed Potatoes, Gravy and Roasted Brussel Sprouts

Additional Entrée Selections

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 **

- Fresh Baked French Rolls *
- Side Caesar Salad
- Fresh Fruit: Mixed Fruit 
- Weekly Soup: Butternut Squash

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: Fantasy Fudge

Sunday: Cinnamon Cherry Cobbler

Ice Cream

- Vanilla Bean
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet

*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.*

Saturday, September 13th

Soup of the Day: Roasted Garlic


Option 1: Grilled Honey BBQ Chicken Thighs  with White Cheddar Macaroni & Cheese and Green Beans

Option 2: Steamed Pork Dumplings with Soy Dipping Sauce, Jasmine Rice, and Mixed Asian Vegetables

Sunday, September 14th



Soup of the Day: Stuffed Pepper




Option 1: Oven Baked Croissant with Strawberry Poppyseed Chicken Salad, Broccoli Salad, and Fresh Fruit Garnish

Option 2: Stuffed Baked Potato with Taco Seasoned Ground Beef,  Cheddar Cheese, Tomato Salsa, Sour Cream, and Refried Beans

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Lentil Salad,  and Mozzarella Cheese (available with Grilled Chicken or Salmon)  

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Local Tomatoes,  Parmesan Cheese,  Garlic Croutons, and Caesar Dressing

Option 5: Tuscan Pear Salad with Grilled Atlantic Salmon Mixed Greens, Caramelized Pears,  Gorgonzola Cheese, Candied Walnuts, and Herb Balsamic Vinaigrette Dressing  

Option 6: Featured “Simple Fish” Seared Sesame Crusted Ahi Tuna  with Miso Butter, Pickled Ginger, Roasted Potatoes, and Mixed Vegetables  

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