

Week of September 8th

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 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** 

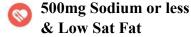
Road Runner Raspberry

Cappuccino Crunch

**Rainbow Sherbet** 

RF Reduced Fat

NSA No Sugar Added





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 (available and Grated Parmesan Cheese (available and Garlic)

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

**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 © ©

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

Thursday, September 11th:

Soup of the Day: Bean & Bacon @

**Option 1:** Sauteed Whitefish Piccata with Lemon Caper Mushroom Butter, Steamed Broccoli, and Linguine (Available **6**)

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 **6**)

Option 2: Slow Roasted Pot Roast (b) 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

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- · Side Caesar Salad
- Fresh Fruit: Mixed Fruit 🔕



· Weekly Soup: Butternut Squash

## Always Available 🔕

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- 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** 

# Saturday, September 13th

Soup of the Day: Roasted Garlic

**Option 1:** Grilled Honey BBQ Chicken Thighs **(D)** 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, (D) 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, (D) Parmesan Cheese, GD Garlic Croutons, and Caesar Dressing

**Option 5**: Tuscan Pear Salad with Grilled Atlantic Salmon Mixed Greens, Caramelized Pears, (6) Gorgonzola Cheese, Candied Walnuts, and Herb Balsamic Vinaigrette Dressing \omega

Option 6: Featured "Simple Fish" Seared Sesame Crusted Ahi Tuna (P) with Miso Butter, Pickled Ginger, Roasted Potatoes, and Mixed Vegetables 🚫 🙃

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.

#### 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