



# dinner menu

Week of August 1st

All options are served with: \*Choice of Artisan Bread, Fresh Fruit or Canned Fruit, \*Choice of Soup, \*Choice of Weekly Salad or Starter Salad, and Featured Dessert.

## Artisan Bread

**Monday:** Mexican Corn Bread

**Tuesday:** Hawaiian Roll

**Wednesday:** Sweet Breakfast Bread

**Thursday:** Wheat Roll

**Friday:** Garlic Butter Yeast Roll

## Fresh Fruit ♥

**Monday:** Mixed Grapes

**Tuesday:** Whole Apple

**Wednesday:** Mixed Fruit

**Thursday:** Sliced Watermelon

**Friday:** Pineapple & Mango

*\*Applesauce, Canned Mandarin Oranges & Peaches also available.*

## Soup

*(Choice of One)*

**Weekly:** Chilled Summer Gazpacho

**Monday:** Moroccan Chick Pea

**Tuesday:** Potato & Ham

**Wednesday:** Crab Bisque

**Thursday:** Black Bean, Sausage and Rice

**Friday:** Cabbage **R**

*\*Canned reduced sodium soups also available.*

## Starters

**Carrot & Power Greens Dried Fruit & Sunflower Seeds Salad**

**Romaine & Apple Salad (w/o Chicken)**

**Cottage Cheese ♥**

## Ice Cream

**Vanilla Chocolate**

**Cappuccino Crunch**

**NSA Moose Tracks**

♥ Heart Healthy

**R** Reduced Sodium

**GF** Gluten Free

## Daily Entrée Selections

**8/1 Monday:**

**Option 1:** Fried Shrimp Tempura served with Asian Dipping Sauce, Brown Rice, ♥ Steamed Broccoli, Carrot, Water Chestnuts & Baby Corn ♥

**Option 2:** Baked Beef and Cheese Enchiladas with Mild Tomato Chili Sauce, Mexican Rice and Sautéed Mixed Peppers and Onions

**Featured Dessert:** Lemon Chiffon Cake

**8/2 Tuesday:**

**Option 1:** Fried Cornmeal Crusted Walleye with Roasted Yukon Gold Potatoes and Steamed Broccoli ♥

**Option 2:** Grilled Pork Tenderloin **GF**♥ with Georgia Peach Chutney, Mashed Sweet Potatoes and Braised Mixed Greens ♥

**Featured Dessert:** Fruit of the Forest Pie

**8/3 Wednesday:**

**Option 1:** Belgian Waffles with Warm Butter & Maple Syrup served with Pork Sausage Links & Fresh Mixed Berries ♥

**Option 2:** Baked Beef Mostaccioli with Penne Pasta, Mushrooms & Marinara Sauce, topped with Shredded Parmesan Cheese and served with Italian Green Beans ♥

**Featured Dessert:** Heath Bar Cake

**8/4 Thursday:**

**Option 1:** Baked Tilapia Fish with Lemon, Olive Oil and Paprika ♥ **GF** served with a Baked Potato with Chive Sour Cream and Steamed Asparagus ♥

**Option 2:** Roasted Herb Crusted Chicken Thighs with Pan Gravy, Cranberry Herb Stuffing and Maple Glazed Baby Carrots **GF**

**Featured Dessert:** Warm Bread Pudding with Sweet Vanilla Sauce

**8/5 Friday:**

**Option 1:** Steamed Atlantic Salmon **GF**♥ with Fresh Lemon, Boiled Redskin Potatoes and Steamed Broccoli, Carrots & Cauliflower ♥

**Option 2:** Braised Steak Diane with Butter, Cognac & Shallot Sauce served with Mashed Potatoes & Harvard Beets

**Featured Dessert:** Hot Fudge Ice Cream Sundae

## Additional Entrée Selections

Options 3 - 6 listed on back of menu.

# dinner menu

(Page 2) The Trellis & Bistro Dining Rooms are Closed Saturday & Sunday. Pick Up & Delivery are available.

All options are served with: \*Choice of Artisan Bread, Fresh Fruit or Canned Fruit, \*Choice of Soup, \*Choice of Weekly Salad or Starter Salad, and Featured Dessert.

## Artisan Bread

**Saturday & Sunday:** Assorted Rolls

## Fresh Fruit ♥

**Saturday & Sunday:** Mixed Fruit

\*Applesauce, Canned Mandarin Oranges & Peaches also available.

## Soup

(Choice of One)

**Weekly:** Chilled Summer Gazpacho

**Saturday:** Hungarian Mushroom

**Sunday:** Vegetable **R**

\*Canned reduced sodium soups also available.

## Starters

**Carrot & Power Greens Dried Fruit & Sunflower Seed Salad**

**Romaine & Apple Salad** (w/o Chicken)

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**

**Chocolate**

**Cappuccino Crunch**

**NSA Moose Tracks**

## Saturday, August 6th

**Option 1:** Million Dollar Chicken Casserole with Cottage Cheese, Cream Cheese, Sour Cream and toasted Cracker Crust. Served with Roasted Zucchini & Yellow Squash

**Option 2:** Goulash with Beef & Tomato Sauce served with Seasoned Steamed Vegetables ♥ and Baked Garlic Bread

**Featured Dessert:** Texas Sheet Cake

## Sunday, August 7th

**Option 1:** Chilled Shrimp Cocktail ♥ **GF** with Cocktail Sauce, Fresh Lemon, Home Made Potato Salad and Buttered Corn

**Option 2:** Fried Chicken Tenders served with Raw Carrot & Celery Sticks ♥ and Bleu Cheese Dressing

**Featured Dessert:** Chocolate Brownies

## Additional Entrée Selections

**Option 3:** Balsamic Marinated Portobello Mushroom, Topped with Roasted Red Peppers and Feta Cheese. Served with Steamed Mixed Vegetables. ♥ **GF**

**Option 4:** Apple & Goat Cheese Chicken Salad - Romaine Greens, Apples, Goat Cheese and Walnuts ♥  
Served with Poppyseed Dressing on the Side

**Option 5:** Fried Cod Sandwich served Fresh Lettuce, Tomato and Tartar Sauce. Served with French Fries and Steamed Mixed Vegetables ♥

**Option 6:** Braised Beef Pot Roast served with Brown Gravy, Mashed Potatoes, and Steamed Mixed Vegetables ♥

♥ Heart Healthy

**R** Reduced Sodium

**GF** Gluten Free

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

Wines available by the Glass \$3 or Bottle \$10

Canyon Road of California

Pinot Grigio, Sauvignon Blanc, Chardonnay, Merlot or Cabernet Sauvignon

Beer Selection

Budweiser, Bud Lite or Heineken \$3