



dinner menu

Week of September 12th

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: Wheat Roll

Tuesday: Hawaiian Roll

Wednesday: Sunflower Bread

Thursday: French Roll

Friday: Wheat Roll

Fresh Fruit ♥

Monday: Fresh Banana

Tuesday: Sliced Watermelon

Wednesday: Whole Apple

Thursday: Mango & Pineapple

Friday: Bartlett Pear

**Unsweetened Applesauce & Canned Mandarin Oranges & Peaches are also available daily*

Soup

(Choice of One)

Weekly: Creamy Potato & Leek

Monday: Split Pea with Ham

Tuesday: Lemon Chicken & Rice **R**

Wednesday: Oriental Vegetable

Thursday: Beef Stroganoff

Friday: Hungarian Mushroom

**Canned reduced sodium soups also available.*

Starters

Asian Coleslaw with Sesame Dressing

Side Silver Maples Salad

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Cappuccino Crunch

NSA Moose Tracks

D Dairy Free

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

9/12 Monday:

Option 1: Broiled Seasoned Tilapia ♥ **GF** **D** served with Roasted Potatoes and Steamed Broccoli ♥

Option 2: Hungarian Chicken Paprikash with Paprika Gravy, Mashed Potatoes and Roasted Cauliflower ♥

Featured Dessert: Carrot Cake

9/13 Tuesday

Option 1: Gulf Shrimp Fettuccine Alfredo with Parmesan Cheese and Steamed Green Peas ♥

Option 2: Shredded Chicken Corn Tacos with Mexican Cheese, Pico de Gallo and Sour Cream. Served with Black Beans & Sautéed Mixed Peppers & Onions

Featured Dessert: Baked Pecan Pie

9/14 Wednesday

Option 1: Seared Teriyaki Atlantic Salmon **D** ♥ topped with Pineapple Salsa, served with Steamed Brown Rice ♥ and Tempura Fried Vegetables

Option 2: Classic Baked Beef Meatloaf with Onion, Bread Crumbs, Fresh Parsley and Seasonings. Topped with Ketchup Glaze, Served with Mashed Potatoes and Garlic Green Beans

Featured Dessert: Tres Leche Cake

9/15 Thursday

Option 1: Cajun Spiced Red Snapper **GF** ♥ **D** served with New Orleans Rice Pilaf, Fried Okra & Tomatoes

Option 2: Honey Baked Ham **GF** **D** served with Cheesy Potatoes, Baked Summer Squash ♥ and Cinnamon Apple Sauce on the side

Featured Dessert: Eclair Cake

9/16 Friday

Option 1: Broiled Crabcake with Lemon Aioli Sauce served with Steamed Redskin Potatoes ♥ and Crispy Roasted Brussel Sprouts ♥

Option 2: Chargrilled Hangar Steak **GF** **D** with Herb Garlic Butter, Baked Potato with Sour Cream and Roasted Baby Carrots ♥

Featured Dessert: Boston Cream Pie

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: Chef's Choice

*Applesauce & Canned Mandarin
Oranges & Peaches are also available.

Soup

(Choice of One)

Weekly: Creamy Potato & Leek

Saturday: White Chicken Chili

Sunday: Vegetable **R**

*Canned reduced sodium soups also
available.

Starters

Asian Coleslaw with Sesame Dressing

Side Silver Maples Salad

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Cappuccino Crunch

NSA Moose Tracks

Saturday, Sept 17th

Option 1: Broiled Flounder Stuffed with Crabmeat
Served with Rice Pilaf & Steamed Asparagus ♥

Option 2: Baked Chicken Cordon Bleu stuffed with
Ham and Swiss Cheese, topped with a Dijon Cream
Sauce and Served with Rice Pilaf and Steamed
Broccoli ♥

Featured Dessert: Apple Crisp

Sunday, September 18th

Option 1: Breaded Chicken Pattie topped with Basil
Marinara Sauce, Served over Linguini Noodles and
Roasted Zucchini **D**

Option 2: Beef & Cheese Lasagna served with Garlic
Toast, Italian Green Beans and a Petite Caesar Salad
with Herbed Croutons

Featured Dessert: Lemon Sorbet

Additional Entrée Selections

Option 3: Grilled Vegetable Burger ♥ **D** with Garlic
Mayo, Leaf Lettuce, Tomato & Raw Onion on a Fresh
Baked Bun. Served with Sweet Potato French Fries

Option 4: Silver Maples Chicken Salad—Mixed Greens,
Dried Cranberries, Gorgonzola Cheese, Toasted Nuts,
Raspberry Dressing on the side **D**

Option 5: Sloppy Joe Sandwich, served on a Fresh Baked
Bun with Fried Onion Rings and Buttered Corn

Option 6: Grilled Ahi Tuna ♥ **GF** topped with Fresh Basil
Pesto, Served with Mashed Garlic Potatoes and Steamed
Mixed Vegetables ♥

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

D Dairy 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, Chardonnay, Merlot or Cabernet Sauvignon

Beer Selection

Budweiser, Bud Lite or Heineken \$3