



# Trellis/Bistro Menu

Week of November 13th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice or Soda,  
Choice of Three Starters and Featured Dessert or Ice Cream.

## Weekly Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

- Baked Garlic Poppyseed Roll \*
- Fresh Orange or an Apple ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side BLT Salad \*
- Soup of the Day as Listed \*
- Weekly Soup: Chicken Noodle \* (R)
- Canned Reduced Sodium Soups (R)

## Desserts

Monday: Italian Gelato

Tuesday: Peanut Butter Chocolate  
Chip Blondie

Wednesday: Kentucky Butter Bundt  
Cake with Carmel Rum Drizzle

Thursday: Orange Buttercream  
Tart

Friday: Fruit of the Forest Pie

## Ice Cream (GF)

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbet

(D) Dairy Free

♥ Heart Healthy Item

(R) Reduced Sodium

(GF) Gluten Free

## Daily Entrée Selections

11/13 Monday:

**Soup of the Day: Ham & Bean**

**Option 1:** Fried Coconut Shrimp with Orange  
Marmalade Dipping Sauce, Steamed Basmati Rice and  
Fresh Steamed Broccoli ♥ (D)

**Option 2:** Crispy Breaded Veal Pattie with Dijon  
Mustard Cream Sauce served over Buttered Egg Noodles  
with Roasted Brussel Sprouts ♥

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11/14 Tuesday:

**Soup of the Day: Chicken Spätzle (R)**

**Option 1:** Broiled Lake Superior Whitefish with Roasted  
Redskin Potatoes, French Beans & Tarter Sauce (GF) (D)

**Option 2:** Roast Pork Tenderloin with Apple Raisin  
Chutney, Mashed Sweet Potatoes & Roasted

Asparagus (GF) (D)

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11/15 Wednesday:

**Soup of the Day: French Onion (GF without Croutons)**

**Option 1:** Seared Seasoned Tilapia Piccata with Lemon  
Caper Butter, Mashed Potatoes & Steamed Baby

Spinach (GF)

**Option 2:** Breaded Chicken Parmesan served over  
Linguine Noodles with Marinara Sauce & Fresh  
Zucchini ♥

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11/16 Thursday:

**Soup of the Day: Black Bean & Rice (GF)**

**Option 1:** Seared Salmon with Lemon Water Cress Salad  
and Dill Sauce. Served with Wild Rice Pilaf and Roasted  
Green Beans ♥ (GF) (D)

**Option 2:** Braised Apple Cider Glazed Chicken Thighs (D)  
with Buttermilk Mashed Potatoes and Roasted Carrots (GF)

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11/17 Friday:

**Soup of the Day: Zuppa Toscana**

**Option 1:** Steamed Gulf Shrimp Stir-fry with Mixed  
Peppers, Pea Pods, Broccoli and Water Chestnuts. Served  
over Jasmine Rice with Asian Stir Fry Sauce (D)

**Option 2:** Grilled Hanger Steak Frites (topped with  
French Fries) with Fresh Basil Butter and Stewed  
Tomatoes (GF)

## Additional Entrée Selections

Options 3 - 6 listed on back of menu.

# Trellis/Bistro Menu

(Page 2) The Trellis & Bistro Dining Rooms are Closed

Saturday & Sunday. The Arbor Dining Room is open from 4:00pm—6:00pm.

Pick Up, Delivery & Curbside Service are available everyday.

## Weekly Starters

*Please Choose up to Three Starters*

*All Starters Gluten Free Unless Noted \**

- Baked Garlic Poppyseed Roll \*
- Fresh Orange or an Apple ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side BLT Salad
- Soup of the Day as Listed
- Weekly Soup: Chicken Noodle \* **R**
- Canned Reduced Sodium Soups **R**

## Desserts

**Saturday: Peppermint Brownie Cookies**

**Sunday: Strawberry Ice Cream Bar**

## Ice Cream **GF**

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbert

## Saturday, November 18th

**Soup of the Day: Vegetable Beef** **GF** **R**

**Option 1:** Home Made Egg Salad **GF** served on a Croissant with Fresh Lettuce and Tomato. Served with Potato Chips and Fried Pickles with Zesty Dipping Sauce on the side.

**Option 2:** Baked Lasagna with Meat Sauce, Served with Steamed Broccoli and a Petite Caesar Salad with Tomatoes, Parmesan and Garlic Croutons

## Sunday, November 19th

**Soup of the Day: Homestyle Tomato**

**Option 1:** Italian Sausage Bake with Mixed Peppers, Red Onions and Grape Tomatoes **GF** served over Rainbow Pasta **D** with Shaved Parmesan Cheese

**Option 2:** Crispy Fried Pork Egg Rolls served with Sweet and Sour Sauce, Steamed Rice & Asian Vegetables **D**

## Additional Entrée Selections

**Option 3:** Baked Stuffed Portobella Mushroom with Spinach, Artichoke, Sundried Tomatoes & Feta Cheese. Served with Roasted Potatoes **GF**

**Option 4:** Grilled Chicken and Roman Salad with Chopped Bacon, Fresh Tomatoes, Chives, **D** Crumbled Gorgonzola Cheese, **GF** Croutons & Blue Cheese Dressing

**Option 5:** Braised Beef Tips with Creamy Mushroom Gravy, Egg Noodles and Steamed Fresh Vegetables

**Option 6:** Southwest Chicken Burrito Bowl with Fresh Corn, Black Beans Red Onion, Avocado, Shredded Lettuce, Pico de Gallo, Brown Rice, **D** Cheese and Drizzled Crema **GF**

*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.*



### It's our 3rd Annual 3Rs Week!

- Let's help the planet AND save Silver Maples money  
Remember to BYOR's = **Bring Your Own Reusables**
- ~ BYOR Containers to the dining room for your "to-go" food items.
  - ~ BYOR Bag to pick up your "take-out" dinners.
  - ~ BYOR Cup to the coffee cart or choose reusable ones while in the Garden Room