



dinner menu

Week of January 23rd

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: French Roll

Tuesday: Garlic Stick

Wednesday: Sunflower Bread

Thursday: Wheat Roll

Friday: Un Common Roll

Fresh Fruit ♥

Monday: Melon Slices

Tuesday: Banana

Wednesday: Clementine Orange

Thursday: Mango & Pineapple

Friday: Whole Apple

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

Soup

(Choice of One)

Weekly: Cream of Mushroom

Monday: Minestrone (D)

Tuesday: White Chicken Chili

Wednesday: Pesto Chicken (R) (D)

Thursday: Steak & Potato

Friday: Italian Wedding (D)

**Canned reduced sodium soups also available.*

Starters

Pickled Beets with Basil & Feta

Italian Garden Salad ♥

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

♥ Heart Healthy

(R) Reduced Sodium

(GF) Gluten Free

(D) Dairy Free

Daily Entrée Selections

1/23 Monday

Option 1: Seared Spiced Fish Tacos in Flour Tortillas, with Cheese, Tomato Salsa, Avocado Crema, Mexican Rice and Cilantro Slaw

Option 2: Oven Roasted Turkey Breast with Baked Herb & Sausage Stuffing, Mashed Potatoes, Brown Gravy, Green Bean Casserole and Cranberry Sauce

Featured Dessert: Cinnamon Toast Crunch

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1/24 Tuesday

Option 1: Veal Piccata with Lemon, Garlic and Caper Butter Sauce, served over Creamy Parmesan Risotto with Roasted Baby Carrots ♥

Option 2: Stuffed Beef and Cheese Ravioli Pasta with Basil Marinara Sauce, Shaved Parmesan Cheese and Grilled Zucchini ♥

Featured Dessert: Assorted Pies

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1/25 Wednesday:

Option 1: Baked Atlantic Cod with Lemon Herb Bread Crumbs, Served with a Idaho Baked Potato, (D) Steamed Asparagus ♥ and Sour Cream on the Side.

Option 2: Baked Meatloaf with Swiss Cheese and Mushrooms topped with Brown Gravy and served with Mashed Potatoes and Garlic Green Beans

Featured Dessert: Maple Bacon Ooey Goey Butter Cake

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1/26 Thursday:

Option 1: Fried Lake Perch with Cajun Tartar Sauce on the side, Hush Puppies and Roasted Parmesan Cauliflower ♥

Option 2: Grilled Pork Tenderloin with Warm Peach Compote, Baked Sweet Potato & Spaghetti Squash (GF) (D)

Featured Dessert: Grasshopper Pie

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1/27 Friday:

Option 1: Gulf Shrimp Linguine with Tomato Vodka Cream Sauce, Topped with Parmesan Cheese and Chopped Italian Parsley. Served with Steamed Peas ♥

Option 2: All Beef Cheeseburger with Fresh Lettuce, Tomato & Pickle. Served with Fried Potato Wedges and Creamy Cole Slaw

Featured Dessert: Hot Fudge 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: Chef's Choice

*Applesauce & Canned Mandarin
Oranges and Peaches also available

Soup

(Choice of One)

Weekly: Cream of Mushroom

Saturday: Turkey Dumpling **R** **D**

Sunday: Cream of Spinach

*Canned reduced sodium soups also
available.

Starters

Pickled Beets with Basil & Feta

Italian Garden Salad ♥

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Cappuccino Crunch

NSA Moose Tracks

Saturday, January 28th

Option 1. Fried Popcorn Shrimp with Lemon and
Cocktail Sauce, Skinny Fries and Buttered Corn

Option 2: Tomato and Beef Lasagna with Ricotta,
Mozzarella and Parmesan Cheese served with Roasted
Zucchini, Yellow Squash and Baked Garlic Toast

Featured Dessert: German Chocolate Cake

Sunday, January 29th

Option 1: Herb Seasoned Broiled Lake Superior Whitefish
with Roasted Sweet Potato Wedges ♥ and Honey Glazed
Carrots **D** **GF**

Option 2: Braised Swiss Steak with Onion Gravy, Mashed
Potatoes and Steamed Broccoli & Cauliflower Blend ♥

Featured Dessert: Nutty Cone

Additional Entrée Selections

Option 3: Roasted Vegetable Pizza with Tomato Sauce and
Three Cheese Blend. Served with Chilled Antipasto Salad
with Salami, Olives, Onion & Cheese

Option 4: Italian Garden Chicken Salad with Romaine
Lettuce, Cucumber, Shredded Carrots, Tomatoes,
Cannellini Beans, Herb Croutons & Italian Dressing **D** **GF**

Option 5: Sliced Corned Beef & Cabbage with Red
Potatoes and Carrots. Served with Brown Bread & Whole
Grain Mustard Sauce on the side **D**

Option 6: Tri Colored Cheese Tortellini Pasta with
Chicken, Roasted Red Peppers, Crushed Nuts and Basil
Pesto Cream Sauce

♥ 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.

A friendly Reminder from the Silver Maples Recycling Committee:

Bring a container for your soup

Reuse your plastic

Reduce the Waste.

The Earth thanks you

