



dinner menu

Week of March 13th

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: Irish Soda Bread

Fresh Fruit ♥ GF

Monday: Mixed Grapes

Tuesday: Whole Apple

Wednesday: Fruit Medley

Thursday: Bananas

Friday: Pineapple & Blueberries

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

Soup

(Choice of One)

Weekly: Lemon Chicken Wild Rice

Monday: Turkey & Home-style Noodle **R**

Tuesday: Beef & Potato

Wednesday: Italian Wedding

Thursday: Hamburger Vegetable **R**

Friday: Irish Potato Leek

**Canned reduced sodium soups also available.*

Starters GF

Bacon & Pea Salad

Apple & Goat Cheese Side 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

3/13 Monday:

Option 1: Grilled Pineapple Chicken Teriyaki with Fried Rice and Steamed Broccoli and Red Peppers ♥ **D**

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

Featured Dessert: Guinness Brownies

3/14 Tuesday:

Option 1: Fried Cornmeal Crusted Catfish with Roasted Yukon Gold Potatoes and Roasted Asparagus ♥ **D** **GF**

Option 2: BBQ Grilled Pork Tenderloin with Mashed Sweet Potatoes, Braised Mixed Greens ♥ **GF** topped with Fried Onion Petals **D**

Featured Dessert: Dutch Apple Pie

3/15 Wednesday:

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

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

Featured Dessert: Shamrock Cutie Pies

3/16 Thursday:

Option 1: Steamed Atlantic Salmon served with a Baked Potato with Chive Sour Cream and Steamed Asparagus ♥ **GF**

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

Featured Dessert: Whisky Caramel Cupcakes

3/17 Friday:

Option 1: Baked Shepherd's Pie with Ground Beef, Garlic, Peas, Carrots, Tomato Paste and topped with Broiled Mashed Potatoes **GF**

Option 2: Slow Cooked Spiced Corned Beef & Cabbage with Red Potatoes, Carrots & Broth. **GF** Served with Whole Grain Mustard & Sour Dough Bread **D**

Featured Dessert: Vanilla Cheesecake with Bailey's Irish Cream Sauce

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 ♥ GF

Saturday & Sunday: Chefs Choice

*Applesauce, Canned Mandarin Oranges & Peaches also available.

Soup

(Choice of One)

Weekly: Lemon Chicken Wild Rice

Saturday: Rosemary Chicken & Dumpling

Sunday: Tomato

*Canned reduced sodium soups also

Starters GF

Bacon & Pea Salad

Apple & Goat Cheese Side Salad

Cottage Cheese ♥

Ice Cream

Vanilla

Chocolate

Cappuccino Crunch

NSA Moose Tracks

Saturday, March 18th

Option 1: Pub Style Fish & Chips with Tartar Sauce, Fresh Lemon, Potato Wedges and Vinaigrette Cole Slaw (D)

Option 2: Diced Chicken & Cheese Filled Tortellini Pasta with Marinara Sauce, Parmesan Cheese & Roasted Zucchini & Squash

Featured Dessert: Homemade Fantasy Fudge GF

Sunday, March 19th

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

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

Featured Dessert: Coconut Chocolate Nut Bar

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, Apples, Goat Cheese and Walnuts ♥ Served with Poppyseed Dressing on the Side GF

Option 5: Marinated Grilled Chicken Sandwich served Fresh Lettuce, Tomato and Dijon Mustard Sauce on the side. Served with Roasted Potatoes Wedges and Steamed Mixed Vegetables ♥ (D)

Option 6: Baked Pork Caritas Nachos with Corn Tortilla Chips, Refried Beans, (D) Cheese, Lettuce, Green Onion and Sour Cream & Salsa on the side GF

♥ 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.

Fun Facts about St. Patrick's Day

~St. Patrick's Day is an Irish National Holiday with banks, stores and businesses closing for the day.

~There are around 34.7 million US residents with Irish ancestry. This number is more than six times the population of Ireland itself

~ It takes forty pounds of green vegetable dye to turn the Chicago river green every year

~Legend states that each leaf of the four leaf clover has meaning: Hope, faith, love, and luck.

~The real Saint Patrick was born in Britain, not Ireland.

~ Statistically, St. Patrick's Day has rarely ever been in the top five heaviest drinking days in the US. Christmas, New Years Eve, the super bowl, the Fourth of July and the night before Thanksgiving typically all have it beat.