



Dinner menu

Week of March 20th

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.

Daily Entrée Selections

Artisan Bread

- Monday:** French Roll
- Tuesday:** Hawaiian Roll
- Wednesday:** Garlic Bread
- Thursday:** French Roll
- Friday:** Cranberry Bread

Fresh Fruit ♥

- Monday:** Fresh Oranges
- Tuesday:** Whole Apple
- Wednesday:** Mixed Fruit
- Thursday:** Bartlett Pear
- Friday:** Whole Banana

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

Soup

(Choice of One)

Weekly: Vegetable Beef

- Monday:** Vegetable **R**
- Tuesday:** White Chicken Chili
- Wednesday:** Mexican Corn **R**
- Thursday:** Cheesy Potato
- Friday:** Chicken & Sausage Gumbo

*Canned reduced sodium soups also available.

Starters

- Southwest Quinoa Salad ♥ **GF**
- Side Romaine & Spinach Salad ♥
- Cottage Cheese ♥

Ice Cream

- Vanilla or Chocolate
- Cappuccino Crunch
- NSA Moose Tracks

- ♥ Heart Healthy
- R** Reduced Sodium
- GF** Gluten Free
- D** Dairy Free

3/20 Monday

- Option 1:** Gulf Shrimp Penne Pasta with Bell Peppers, Mushrooms, Tomatoes, Alfredo Sauce and Parmesan Cheese
- Option 2:** Baked Chicken Kiev Stuffed with Parsley and Garlic Butter, Served with Cranberry Rice Pilaf and Steamed Fresh Broccoli ♥
- Featured Dessert:** Pineapple Upside Down Cake

3/21 Tuesday

- Option 1:** Mediterranean Spiced Seared Whitefish with Lemon, Garlic and Parsley. Served with Steamed Potatoes and Grilled Zucchini & Squash ♥ **GF** **D**
- Option 2:** Roasted Honey Soy Chicken Thighs with Brown Rice, Green Onion & Roasted Baby Carrots ♥ **D**
- Featured Dessert:** Pound Cake with Berry Sauce

3/22 Wednesday

- Option 1:** Old Bay Seafood Boil with Fresh Shrimp, Fish, Smoked Sausage, Steamed Red Potatoes and Corn on the Cobb ♥ **GF** **D**
- Option 2:** Swedish Meatballs with Brown Gravy, Buttermilk Mashed Potatoes, Steamed Asparagus and Home Made Cranberry Sauce
- Featured Dessert:** Pink Lemonade Cutie Pies

3/23 Thursday:

- Option 1:** Breaded Veal topped with Hungarian Paprikash Sauce, (Paprika, Onion, Tomato, Mushrooms & Cream) served with Mashed Potatoes and Steamed Green Beans ♥
- Option 2:** Open Faced Patty Melt Served over Toasted Marble Rye Bread with Swiss Cheese & Caramelized Onions. Served with Thick Cut Fries & Steamed Peas & Carrots ♥
- Featured Dessert:** Banana Cream Pie

3/24 Friday

- Option 1:** Broiled Atlantic Salmon Pattie with Mustard Sauce, ♥ Roasted Sweet Potato and Balsamic Baked Brussel Sprouts ♥ **D**
- Option 2:** Crispy Sesame Chicken with Asian Garlic Sauce, Steamed Brown Rice Steamed Mixed Peppers, Bamboo Shoots, Water Chestnuts, Snow Peas & Onion
- Featured Dessert:** Chocolate Bumpy Cake

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: Chefs Choice

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

Soup

(Choice of One)

Weekly: Vegetable Beef

Saturday: Lemon Chicken & Rice

Sunday: Bean & Ham

*Canned reduced sodium soups also available.

Starters

Southwest Quinoa Salad ♥ **GF**

Side Romaine & Spinach Salad ♥

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

Saturday, March 25th

Option 1: Vegetable Spring Rolls with Dipping Sauce, Vegetable Fried Rice and Steamed Asian Vegetables **D**

Option 2: Baked Chicken Pot Pie with Peas, Carrots, Potatoes and Onions in a Creamy Sauce. Served with Warm Cinnamon Spiced Apple Sauce.

Featured Dessert: Gingerbread Cake

Sunday, March 26th

Option 1: Silver Maples Signature Cranberry Chicken Salad served on a Croissant with Lettuce & Tomato, Crispy Potato Chips & Fresh Fruit Salad ♥

Option 2: Beer Steamed Bratwurst with Mixed Bell Peppers and Onions and Herbed Roasted Potatoes **D**

Featured Dessert: Warm Chocolate Chip Cookies

Additional Entrée Selections

Option 3: Eggplant Parmesan with Basil Marinara Sauce, Parmesan Risotto and Steamed Green Beans ♥

Option 4: Romaine & Spinach Chicken Salad with Crumbled Bacon, Chopped Egg, Red Onion, Croutons and Herb Balsamic Dressing on the Side

Option 5: Fried Popcorn Shrimp Basket with French Fries and Steamed Mixed Vegetables ♥

Option 6: Grilled Marinated North Atlantic Swordfish with Lemon, Garlic & Herbs, served with Steamed Brown Rice and Steamed Fresh Vegetables ♥ **GF** **D**

♥ 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