

THE COLONNADE ROOM

MONDAY SEP.25,

**ROAST TURKEY**

– Slices of white and dark roast turkey served over cornbread stuffing and topped with turkey gravy –

**Df Gf ♥ BLUE ZONE INSPIRED RED BEAN AND SWEET POTATO HASH**

– A nutrient dense dish filled with red bean, sweet potato, shallots, garlic & fresh thyme –

**CHEF'S SPECIAL JUMBO FRIED SHRIMP**

– Panko breaded shrimp deep fried til golden brown served with cocktail sauce –

**Df Gf BAKED HAM**

– Baked pit ham with Roasted Fuji Apples –

**Gf GRILLED SALMON W/ CARIBBEAN RUM SAUCE**

– Fresh Atlantic salmon grilled on topped with a Caribbean rum sauce –

**♥ HEART HEALTHY OPTION**

– Plain white meat turkey with green beans and plain mashed potatoes –

**MASHED POTATOES & GRAVY**

**Gf Df ♥ MIXED VEGETABLE BLEND**

**HERB STUFFING**

**Df Gf GREEN BEANS**

**SOUP DU JOUR: CHICKEN NOODLE**

**Gf ♥ SALAD: TOSSED GARDEN**

TUESDAY SEP.26

**♥ Gf RACK OF LAMB**

– Juicy rack of lamb with rosemary demi and mint jelly –

**Gf BLUE ZONE INSPIRED BLACKENED**

**CAULIFLOWER STEAK**

– Fresh cauliflower steak blackened and served with macadamia nut pesto, lemon ricotta and wilted greens –

**CHEF'S SPECIAL BEEF TIP AND MUSHROOMS**

– Tender beef and mushrooms simmered in a rich beef gravy and served over Yukon mashed potatoes –

**Gf BAKED TERIYAKI GLAZED PORK CHOP**

– Hand cut pork chop baked with a teriyaki glaze and topped with a grilled pineapple relish –

**Gf BAKED CAJUN GARLIC BUTTER COD**

– Cod basted with a Cajun garlic butter and baked –

**HEART HEALTHY OPTION**

– Baked cod served with broccoli and vegetable rice –

**♥ Df Gf BROCCOLI**

**Gf HERB ROASTED BUTTON MUSHROOMS**

**Gf YUKON MASHED POTATOES**

**Gf VEGETABLE RICE**

**Df Gf SOUP DU JOUR: KIELBASA & CABBAGE**

**Gf SALAD: ITALIAN CHOPPED**

WEDNESDAY SEP.27,

**Df FIRE GRILLED ANGUS FILET MIGNON**

– With rosemary demi –

**BLUE ZONE INSPIRED EGGPLANT ROLLATINI**

– Eggplant rolled with Italian cheese blend, toasted pine nuts & finished with Romano and marinara –

**Df Gf CHEF'S SPECIAL KIELBASA WITH SAUERKRAUT AND ONIONS**

– Grilled kielbasa served with sauerkraut and onions –

**VEAL MARSALA**

– Sautéed veal cutlet smothered in a mushroom marsala sauce –

**Df Gf BROILED FLOUNDER**

– Flounder baked with white wine, lemon and fresh herbs –

**♥ HEART HEALTHY OPTION**

– Broiled flounder served with baked potato and asparagus –

**HERB BUTTERED SPAETZLE**

**♥ Df Gf BAKED POTATO**

**Df ♥ Gf ZUCCHINI AND TOMATOES**

**Df Gf ♥ ASPARAGUS**

**SOUP DU JOUR: LOBSTER BISQUE**

**SALAD: APPLE BLEU CHEESE**

Week 4: Please Email orders to [arbortracekitchen@gmail.com](mailto:arbortracekitchen@gmail.com) or Call 239-591-4851 between 1PM and 4PM.

Dining Room is open for reservations, Please Call 239-438-4668 between 12noon to 3PM.

THE COLONNADE ROOM

THURSDAY SEP.28,

**NEW YORK STRIP STEAK**

– 10 oz hand cut new york strip char grilled to your liking and served with a mushroom merlot demi –

**BLUE ZONE INSPIRED TEX MEX QUESADILLA**

– Tex mex seasoned tofu, tomatoes, peppers, onions and cheddar in a griddled tortilla. Served with guacamole, sour cream and salsa –

**CHEF'S SPECIAL MANICOTTI W/ SHORT RIB MEAT SAUCE**

– Cheese filled manicotti topped with a short rib meat sauce and parmesan cheese –

**BRAISED LAMB SHANK**

– Lamb shank braised with herbs and vegetables. Served with a rich pan gravy –

**TOASTED ALMOND CRUSTED GROUPEL**

– Grouper filet crusted with toasted almonds baked and topped with a beurre blanc sauce –

**♥ HEART HEALTHY OPTION**

– Grilled chicken breast served with swiss chard and jasmine rice –

**Df WILD RICE PILAF**

**♥ Df Gf BAKED SWEET POTATO**

**BRAISED COLLARD GREENS**

**Df Gf BABY CARROTS W/ DILL**

**SOUP DU JOUR: TOMATO**

**♥ SALAD: STRAWBERRY PECAN**

FRIDAY SEP.29,

**Df SHORT RIB**

– Boneless beef short rib slow cooked and served in its own delectable gravy –

**BLUE ZONE INSPIRED IMPOSSIBLE BURGER**

– A meatless alternative burger made of plant based ingredients char grilled served on a kaiser roll –

**CHEF'S SPECIAL TURKEY POT PIE**

– Creamy turkey and vegetables baked in a golden flakey pie crust –

**LINGUINI AND WHITE CLAM SAUCE**

– White wine, garlic, shallots in a white clam sauce served over linguine –

**Df BASIL PESTO CRUSTED BAKED SALMON**

– Fresh Atlantic salmon topped with basil pesto bread crumb and baked –

**♥ HEART HEALTHY OPTION**

– Baked Salmon served with whipped potatoes and mixed fresh vegetable –

**BUTTERED LINGUINE**

**Gf WHIPPED POTATOES**

**♥ Df Gf SUGAR SNAP PEAS**

**♥ Df Gf MIXED VEGETABLE MEDLEY**

**Df Gf SOUP DU JOUR: NAVY BEAN AND HAM**

**Df Gf SALAD: SHRIMP CAESAR**

SATURDAY SEP.30,

**Df Gf SLOW ROASTED ANGUS PRIME RIB**

– Served with au jus & horseradish sauce –

**Gf ♥ BLUE ZONE INSPIRED GARBANZO BEAN & BROWN RICE**

– Spiced baby carrots, chickpeas, sweet bell peppers, scallions & golden raisins over brown rice –

**CHEF'S SPECIAL CHICKEN RAVIOLI'S**

– Ravioli's filled with grilled chicken and ricotta cheese and topped with a portobello gorgonzola demi –

**Gf SHRIMP SCAMPI**

– Sautéed shrimp in a lemon garlic butter scampi sauce over brown rice –

**BROILED TILAPIA PARMESAN**

– Tilapia topped with parmesan crust and baked till golden brown –

**♥ HEART HEALTHY OPTION**

– Broiled tilapia Served with brown rice and cauliflower –

**♥ Df Gf BAKED POTATO**

**♥ Gf BROWN RICE**

**CREAMED SPINACH**

**Df ♥ Gf CAULIFLOWER**

**SOUP DU JOUR: NEW ENGLAND CLAM CHOWDER**

**SALAD: SEAFOOD**

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