

THE COLONNADE ROOM

MONDAY OCT.2,

**ROAST TURKEY**

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

**GF** **BLUE ZONE INSPIRED VEGETABLE BAKE**

– Tender broccoli, peppers and cauliflower blended with quinoa and pomodoro sauce layered with zucchini –

**Df** **CHEF'S SPECIAL YANKEE POT ROAST**

– Slow cooked roast with fresh herbs, onions, carrots, celery and potatoes –

**FISHERMAN'S PLATTER**

– Beer battered pacific Whiting, clam strips & scallops with lemon, cocktail & tartar sauce –

**GF** **BAKED COD**

– fresh cod baked with white wine and herbs, topped with a scampi butter sauce –

**♥** **HEART HEALTHY OPTION**

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

**MASHED POTATOES & GRAVY**

**♥ Df GF** **JASMINE RICE**

**♥ Df GF** **CUT CORN**

**Df GF** **GREEN BEANS**

**GF** **SOUP DU JOUR: CHICKEN GUMBO**

**GF** **♥** **SALAD: TOSSED GARDEN**

TUESDAY OCT.3,

**♥ GF** **RACK OF LAMB**

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

**GF** **BLUE ZONE INSPIRED ROASTED TOMATO AND GNOCCHI**

– Potato gnocchi in pesto sauce with roasted tomatoes, fresh mozzarella and parmesan cheese –

**Df GF** **CHEF'S SPECIAL SESAME GINGER PORK TENDERLOIN**

– Marinated pork tenderloin char grilled and served with sesame ginger glaze –

**SOUTHERN FRIED CHICKEN LIVERS**

– Buttermilk marinated chicken livers battered and deep fried served with house bistro dipping sauce –

**BROILED TILAPIA**

– Tilapia filet broiled with lemon, tarragon, and roasted garlic butter –

**HEART HEALTHY OPTION**

– Baked tilapia served with asparagus and roasted potatoes –

**CREAMY PESTO GNOCCHI**

**GF** **♥** **MASHED SWEET POTATOES**

**Df GF** **♥** **ROASTED BEETS**

**Df GF** **♥** **ASPARAGUS**

**SOUP DU JOUR: CORN CHOWDER**

**GF** **SALAD: WALDORF**

WEDNESDAY OCT.4,

**MANAGEMENT COCKTAIL PARTY OCTOBER 4, 2023**

**CHEESE SOUP, CHEESE DIP W/ SOFT PRETZELS FOR DIPPING AND GERMAN CUCUMBER SALAD**

**SAUERBRATEN W/ GINGER SNAP GRAVY**

**BRAISED BRATWURST AND SAUERKRAUT**

**PORK SCHNITZEL W/ LEMON**

**BAKED GROUPER W/ PARSLEY AND LEMON**

**BRAISED RED CABBAGE**

**HOT GERMAN POTATO SALAD**

**SPAETZLE AND POTATO PANCAKES**

**DESSERTS**

**APPLE STRUDEL, APPLE CRISP, GINGERBREAD W/ LEMON SAUCE AND GINGERSNAPS**

Week 5: 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

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### THURSDAY OCT.5

- NEW YORK STRIP STEAK**  
– 10 oz hand cut new york strip char grilled to your liking and served with a mushroom merlot demi –
- Df** **BLUE ZONE INSPIRED TOFU VEGETABLE STIR FRY**  
– A savory dish of edamame, peppers, garlic, mushrooms and stir fry sauce. Served with white rice –
- Gf** **CHEF'S SPECIAL CHICKEN CAPRESE**  
– Grilled marinated chicken breast baked with tomatoes and fresh mozzarella cheese, drizzled with a basil pesto –
- Df Gf** **SWEET AND SOUR SHRIMP**  
– Sautéed shrimp, peppers and pineapple in a sweet and sour sauce served over rice –
- Df Gf** **GRILLED TUNA TERIYAKI**  
– Char grilled tuna steak basted with teriyaki glazed topped with green onions and sesame seeds –
- ♥** **HEART HEALTHY OPTION**  
– Grilled tuna steak served with baked sweet potato and vegetable medley –
- Gf** **BACON CHEDDAR MASHED POTATOES**
- ♥ Df Gf** **BAKED SWEET POTATO**
- ♥ Df Gf** **VEGETABLE MEDLEY**
- ♥ Df Gf** **STEWED TOMATOES**
- SOUP DU JOUR: LEEK AND POTATO**
- Df Gf** **SALAD: CURRIED APPLE CHICKEN**

### FRIDAY OCT.6

- Df** **SHORT RIB**  
– Boneless beef short rib slow cooked and served in its own delectable gravy –
- Df Gf ♥** **BLUE ZONE INSPIRED CANNELLINI BEANS & GREENS**  
– Baby spinach & peppery arugula sautéed with sweet bell peppers and cannellini beans –
- Gf** **CHEF'S SPECIAL PORK CHOP FONTINA**  
– Seared pork chop topped with portobello mushrooms, fontina cheese and drizzled with a red wine reduction –
- CHICKEN MARSALA**  
– sautéed chicken breast and mushrooms simmered in rich marsala sauce –
- BEER BATTERED CATFISH**  
– Fried beer battered catfish with lemon, cocktail and tartar sauce. –
- ♥** **HEART HEALTHY OPTION**  
– Grilled Chicken Breast served with Garlic Herbed Roasted Potatoes and Brussel Sprouts –
- ♥ Df Gf** **GARLIC HERB ROASTED POTATOES**
- ♥ Df** **RICE PILAF**
- ♥ Df Gf** **ROASTED BRUSSELS SPROUTS**
- ♥ Df Gf** **EDAMAME AND CORN**
- Gf** **SOUP DU JOUR: CHICKEN FLORENTINE**
- Gf** **SALAD: ITALIAN CHOPPED**

### SATURDAY OCT.7

- Df Gf** **SLOW ROASTED ANGUS PRIME RIB**  
– Served with au jus & horseradish sauce –
- Df Gf** **BLUE ZONE INSPIRED CURRIED VEGETABLES**  
– Fresh made peppers, onions, potatoes and chickpea's stewed together in a full flavored curry with white rice –
- CHEF'S SPECIAL CHICKEN BRUSCHETTA**  
– Breaded chicken breast pan fried and topped with tomato, red onion, basil, fresh mozzarella and balsamic reduction –
- COTTAGE PIE**  
– Ground beef, peas, corn, carrots and onions in a rich gravy topped with mashed potatoes and cheddar cheese –
- MARYLAND STYLE CRAB CAKES**  
– Homemade crab cakes pan seared till golden brown served with remoulade –
- ♥** **HEART HEALTHY OPTION**  
– Baked salmon served with baked potato and cauliflower –
- ♥ Df Gf** **BAKED POTATO**
- Gf** **GARLIC MASHED POTATOES**
- CREAMED SPINACH**
- Df ♥ Gf** **CAULIFLOWER**
- Gf Df** **SOUP DU JOUR: BEEF CHILI**
- Df Gf** **SALAD: SHRIMP CAESAR**

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