



THE COLONNADE ROOM

MONDAY FEB.12,

**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 –

**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 FEB.13,

**MARINATED RACK OF LAMB**

– Grilled rack of lamb marinated with garlic and rosemary. served with cabernet demi & a side of mint jelly –

**Gf BLUE ZONE INSPIRED BLACKENED CAULIFLOWER STEAK**

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

**COUNTRY FRIED STEAK**

– Deep fried beef fritter topped with a white peppered gravy –

**Gf BAKED TERIYAKI GLAZED PORK CHOP**

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

**BAKED CAJUN GARLIC BUTTER COD**

– Cod Baked with a Cajun Garlic Butter. –

**HEART HEALTHY OPTION**

– Baked cod served with broccoli and vegetable rice –

**Gf HERB ROASTED BUTTON MUSHROOMS**

**BROCCOLI**

**Gf VEGETABLE RICE**

**Gf YUKON MASHED POTATOES**

**SOUP DU JOUR: KIELBASA POTATO & CABBAGE SOUP**

**SALAD: APPLE & BLEU CHEESE**

WEDNESDAY FEB.14,

**VALENTINE'S DAY MANAGEMENT COCKTAIL BUFFUET**

– FEBRUARY 14, 2024 –

**CARVED BEEF TENDERLOIN/ DIANE SAUCE**

**CRAB STUFFED WHITEFISH W/ LOBSTER CREAM SAUCE**

**COCONUT SHRIMP W/ MARASCHINO CERRY DIPPING SAUCE**

**BAKED BONE-IN CHICKEN W/ TOMATOES, ONIONS, OLIVES, ZUCCHINI AND FETA**

**EGGPLANT BRUSCHETTA W/ BALSAMIC GLAZE**

**GREEN BEAN ALMONDINE**

**HARVARD BEETS**

**RICE PILAF**

**POTATO GRATINS**

**ASSORTED DESSERTS, CAKES AND PIES**

**ICE CREAM STATION**

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 FEB.15,

**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 CHEESE RAVIOLI**

– Cheese filled ravioli topped with a pea and pancetta vodka cream sauce –

**BRAISED LAMB SHANK**

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

**TOASTED ALMOND CRUSTED GROUPE**

– Grouper filet crusted with toasted almonds baked and topped with amaretto cream sauce –

**♥ HEART HEALTHY OPTION**

– Grilled chicken breast served with collard greens and sweet potato –

**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 FEB.16,

**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 –

**HOISIN GLAZED SALMON**

– Salmon filet basted with hoisin glaze and baked to perfection –

**♥ 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**

**SALAD: SEAFOOD SALAD**

SATURDAY FEB.17,

**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 GRILLED FLANK STEAK**

– Marinated flank steak char grilled and topped with chimichurri –

**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: SHRIMP CEASAR**

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