



THE COLONNADE ROOM

MONDAY APR.15

**ROAST TURKEY**

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

**BLUE ZONE INSPIRED TOFU AND VEGETABLE STIR FRY**

– A savory dish of edamame, garlic, sweet bell peppers, mushrooms and stir fry sauce. Served over white rice –

**CHEF'S SPECIAL CHEESE RAVIOLI WITH SAUSAGE MEAT SAUCE**

– Buratta cheese ravioli's topped with a mild Italian sausage meat sauce –

**TEMPURA SHRIMP**

– Tempura dipped shrimp deep fried til golden brown and served with sweet chili dipping sauce –

**BLACKENED SWORDFISH**

– Lightly blackened swordfish topped with a grilled pineapple lime relish –

**♥ HEART HEALTHY OPTION**

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

**♥ Df Gf BROWN RICE**

**MASHED POTATOES & GRAVY**

**GREEN BEANS**

**Gf ROASTED ACORN SQUASH**

**SOUP DU JOUR: TUSCAN WHITE BEAN**

**SALAD: TOSSED SALAD**

TUESDAY APR.16

**♥ Gf RACK OF LAMB**

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

**Df ♥ BLUE ZONE INSPIRED VEGETARIAN RED BEANS AND RICE**

– A delicious blend of peppers, onions, tomato, plant based sausage and red beans over brown rice. –

**CHEF'S SPECIAL VEAL PARMESAN**

– Italian breaded veal cutlet with marinara sauce, mozzarella & parmesan cheese –

**CHICKEN FLORENTINE**

– Seared chicken breast topped with a creamy artichoke spinach –

**HORSERADISH CRUSTED SALMON**

– Salmon topped with panko horseradish crust, baked and finished with a honey mustard aioli –

**♥ HEART HEALTHY OPTION**

– Broiled salmon served with broccoli and mashed sweet potatoes –

**♥ Df Gf BROCCOLI**

**♥ Df Gf SUCCOTASH**

**Df Gf ROASTED ROSEMARY POTATOES**

**PENNE PASTA W/ RED SAUCE**

**SOUP DU JOUR: CHEDDAR BROCCOLI**

**♥ Gf SALAD: PEACHES AND COTTAGE CHEESE**

WEDNESDAY APR.17

**MANAGEMENT COCKTAIL BUFFET**

– APRIL 17, 2024 –

**CARVED BEEF TENDERLOIN W/ ROSEMARY RED WINE DEMI**

**CREAMY POT PIE CHICKEN AND GNOCCHI**

**COD PUTTANESCA**

**PORK TENDERLOIN W/ BALSAMIC CHERRY GLAZE**

**SPINACH RICOTTA STUFFED SHELLS**

**ROASTED YUKON POTATOES**

**GARLIC HERB RICE**

**FRESH GREEN BEANS**

**CUT CORN W/ CHIVE BUTTER**

**ASSORTED DESSERTS, CAKES AND PIES**

Week 3: 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 APR.18

**10 OZ TOP CHOICE ANGUS  
NEW YORK STRIP STEAK**

– The New York strip is the steak lovers choice. Char grilled to your liking and served with mushroom thyme demi glace. –

**Df Gf ♥ BLUE ZONE INSPIRED  
GRILL EGGPLANT**

**PIPERADE**  
– Grilled eggplant topped with stewed peppers and onions –

**CHEF'S SPECIAL PORK  
SCHNITZEL**

– Hand breaded pork cutlet pan fried and served with a lemon cream sauce and crispy capers –

**CHEESY BACON BAKED  
CHICKEN**

– Seared chicken breast topped with cheddar, cream cheese, bacon and baked, drizzled with avocado ranch. –

**LEMON DILL BAKED  
FLOUNDER**

– Flounder seasoned with lemon and dill and baked –

**HEART HEALTHY OPTION**

– Lemon dill baked flounder served with swiss chard and jasmine rice –

**ROASTED FINGERLING  
POTATOES**

♥ Df Gf JASMINE RICE

Df Gf CAULIFLOWER

♥ Df Gf SWISS CHARD

Df SOUP DU JOUR:  
BUTTERNUT SQUASH

♥ SALAD: KALE SLAW

FRIDAY APR.19

Df **SHORT RIB**

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

Df Gf **BLUE ZONE INSPIRED  
HEARTY VEGETABLE CHILI**

– Sautéed sweet bell peppers, caramelized onions, roasted corn, cilantro & bean trio –

**CHEF'S SPECIAL PAN  
SEARED PORK CHOP**

– Hand cut pork chop seasoned and seared, topped with bacon onion jam –

**SAUTÉED CHICKEN  
MADEIRA**

– Tender all white meat sautéed chicken scaloppine with a sun dried tomato mushroom Madeira sauce –

Df **CRAB STUFFED BROILED  
GROUPEL**

– Grouper stuffed with a crab filling, baked with white wine and herbs –

♥ **HEART HEALTHY OPTION**

– Herbed baked grouper served with yellow rice and carrots –

Df Gf **SAFFRON YELLOW RICE**

**MASHED SWEET  
POTATOES**

Df Gf **BABY CARROTS W/ DILL**

**FRIED OKRA**

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

**SALAD: APPLE & BLEU  
CHEESE**

SATURDAY APR.20

Df Gf **SLOW ROASTED ANGUS  
PRIME RIB**

– Served with au jus & horseradish sauce –

**BLUE ZONES INSPIRED  
VEGETABLE LASAGNA**

– Fresh pasta layered with béchamel sauce, romano cheese & roasted vegetables topped with marinara sauce –

Df Gf **CHEF'S SPECIAL CREOLE  
SHRIMP**

– Lightly blackened shrimp in a sweet pepper, onion, tomato Creole sauce –

Df Gf **BRAISED CHICKEN CURRY**

– Boneless chicken thighs seared and braised in lemon grass, ginger, coconut milk, garlic & curry sauce –

**COD AU GRATIN**

– A casserole of cod, carrots, celery and onions in a bechamel sauce, topped with seasoned bread crumbs and baked til golden brown –

♥ **HEART HEALTHY OPTION**

– Grilled chicken breast served with roasted beets and baked potato –

Gf **BUTTON MUSHROOMS W/  
GARLIC SAUCE**

♥ Df Gf **ROASTED BEETS W/ BASIL**

Gf **BACON CHEDDAR MASHED  
POTATOES**

♥ Df Gf **BAKED POTATO**

**SOUP DU JOUR: TURKEY  
NOODLE**

Gf **SALAD: ITALIAN CHOPPED**

Week 3: Please Email orders to [arbortracekitchengmail.com](mailto:arbortracekitchengmail.com) or Call 239-591-4851 between 1Pm and 4PM.  
Dining Room is open for reservations, Please Call 239-438-4668 between 12noon to 3 PM

