



THE COLONNADE ROOM

MONDAY JULY.1,

ROAST TURKEY

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

Df **BLUE ZONE INSPIRED SOY CRUMBLE CHILI**

– Hearty Chili made with beans, onions, tomatoes and soy crumbles. –

CHEF'S SPECIAL COUNTRY FRIED STEAK

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

COCONUT SHRIMP

– Coconut breaded shrimp deep fried til golden brown. Served w/ mango chutney dipping sauce –

Df, Gf **LEMON PEPPER BAKED COD**

– Fresh cod seasoned with lemon pepper and white wine. Baked til flakey –

Gf **HEART HEALTHY OPTION**

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

Df, Gf **GREEN BEANS**

Df, Gf **SWISS CHARD & ONIONS**

Gf **MASHED POTATOES**

Df, Gf **BAKED SWEET POTATO**

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

Gf **HEART HEALTHY OPTION SALAD: TOSSED GARDEN**

TUESDAY JULY.2,

Df **MARINATED RACK OF LAMB**

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

BLUE ZONE INSPIRED MANICOTTI

– Ricotta filled manicotti topped with marinara and mozzarella cheese –

CHEF'S SPECIAL VEAL MARSALA

– Sautéed veal cutlet smothered in a mushroom marsala sauce –

CHICKEN LOMBARDY

– Pan fried chicken breast topped with baby bella mushrooms and green onions. finished with a marsala wine sauce –

CRAB STUFFED WHITEFISH

– Whitefish stuffed with our homemade crab stuffing and baked to perfection and topped with dill hollandaise –

Df, Gf **HEART HEALTHY OPTION**

– Baked whitefish served with almond rice and spinach –

Df, Gf **ZUCCHINI AND SQUASH**

Df, Gf **SAUTÉED SPINACH**

Df, Gf **ROSEMARY ROASTED POTATOES**

Gf **ALMOND RICE**

SOUP DU JOUR: CREAMY CHEDDAR BROCCOLI

SALAD: APPLE & BLEU CHEESE

WEDNESDAY JULY.3,

Df **GRILLED 7 OZ BEEF TENDERLOIN FILET**

– Filet of beef tenderloin grilled to your taste and served with red wine demi –

Gf **BLUE ZONE INSPIRED CAPRESE SALAD**

– Fresh mozzarella, tomatoes, fresh basil and drizzled with olive oil and balsamic glaze –

Df **CHEF'S SPECIAL LIVER AND ONIONS**

– Pan seared veal liver with a caramelized onions, bacon and brown gravy. –

THAI COCONUT CHICKEN CURRY

– Seared chicken thighs stewed with onions, red peppers and green beans. served with white rice –

Df, Gf **TILAPIA VERACRUZ**

– Tilapia Broiled with onions, olives, capers, tomatoes and topped with crabmeat –

Df, Gf **HEART HEALTHY OPTION**

– Baked tilapia served with cauliflower and white rice –

HEART HEALTHY OPTION BAKED POTATO

CREAMED PEAS

Df, Gf **CAULIFLOWER**

Df, Gf **SEASONED WHITE RICE**

SOUP DU JOUR: TURKEY NOODLE

SALAD: ITALIAN CHOPPED

Week 4: Please Email orders to 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 JULY.4,

JULY 4TH BUFFET

HABURGER AND HOT DOGS

BRATWURST

MAC AND CHEESE

BAKED BEANS

ROASTED PEPPERS AND CORN

GREEN BEAN AMANDINE

BBQ BABY BACK RIBS

FRIED CATFISH W/ TARTAR SAUCE

SALAD BAR, POTATO SALAD, MACARONI

SALAD, AND COLE SLAW

ASSORTED CAKES AND PIES

ICE CREAM SUNDEA BAR

SERVICE STARTS AT 12:00 / THERE WILL BE NO DINNER ON THIS DAY

FRIDAY JULY.5,

Df SHORT RIB

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

BLUE ZONE INSPIRED VEGETABLE LASAGNA

– Fresh pasta layered with bechmel sauce, romano cheese and roasted vegetables topped with marinara –

SHEPHERD'S POT PIE

– Ground lamb, fresh herbs, onions, peas and corn in a rich sauce, baked in a flakey pie crust –

LINGUINI AND WHITE CLAM SAUCE

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

Df Gf BLACKENED CATFISH

– Blackened catfish topped with a tomato corn relish –

Df Gf ♥ HEART HEALTHY OPTION

– Baked catfish served with wild rice medley and okra and stewed tomatoes –

Df BALSAMIC GLAZED GREEN BEANS WITH WALNUTS

Df Gf OKRA AND STEWED TOMATOES

Df WILD RICE MEDLEY

Df Gf CAMELIZED ONION MASHED POTATOES

Df Gf SOUP DU JOUR: CONCH CHOWDER

SALAD: SEAFOOD SALAD

SATURDAY JULY.6,

Df Gf SLOW ROASTED ANGUS PRIME RIB

– Served with au jus & horseradish sauce –

BLUE ZONE INSPIRED BUTTERNUT SQUASH RAVIOLI

– Raviolis stuffed with butternut squash and topped with a fried sage parmesan cream sauce –

CHEF'S SPECIAL SPAGHETTI AND MEATBALLS

– Spaghetti with Meatballs and Marinara served with garlic bread –

Df Gf CAJUN SMOTHERED PORK MEDALLIONS

– Seared pork medallion simmered with cajun spices, peppers, onions in a tomato sauce –

HONEY PISTACHIO CRUSTED TILAPIA

– Tilapia crusted with honey, pistachios and baked til flakey

Df Gf ♥ HEART HEALTHY OPTION

– Broiled tilapia Served with baked potato and broccoli –

♥ Df Gf BAKED POTATO

Df CAJUN RICE

CREAMED PEARL ONIONS

Df Gf BROCCOLI

Gf Df SOUP DU JOUR: CHILI SALAD: SHRIMP CAESAR

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