



# Elm Fork **LUNCH** - Dine In, Room Service or Pick Up

<u>Monday</u>	<u>pts</u>	<u>Tuesday</u>	<u>pts</u>	<u>Wednesday</u>	<u>pts</u>	<u>Thursday</u>	<u>pts</u>
Apple Cabbage Slaw (R)(G)	2	Blue Cheese Waldorf Salad	2	Asparagus and Pea Orzo Salad (R) Caesar Salad	2	Asian Spinach Salad	2
Caesar Salad	2	Garden Salad	2		2	Chicken Salad (G)	2
*Beef and Barley Soup	2	*Garden Vegetable Soup (G)(V)	2	*Chicken Vegetable Soup (G)	2	*Baby Chickpea and Ham Soup	2
Cream of Carrot (V)	2	Chili	2	Roasted Tomato Bisque (V)	2	Cream of Mushroom (D)	2
<b>*Braised Chicken with Garlic and Wine (G)</b>	<b>12</b>	<b>*Chicken Dijon</b>	<b>12</b>	<b>Beef and Sausage Lasagna (D)</b>	<b>15</b>	<b>*Old Fashioned Meatloaf</b>	<b>15</b>
<b>Swiss Steak</b>	<b>15</b>	<b>Lemon and Oregano Salmon (R)(G)</b>	<b>14</b>	<b>*Baked Vegetable Ziti (D)(V)</b>	<b>12</b>	<b>Smothered Pork Chops</b>	<b>14</b>
<b>Baked Mahi Mahi</b>	<b>14</b>	<b>Beef Stroganoff</b>	<b>15</b>	<b>Grilled Chicken with Artichoke Sauce (G)</b>	<b>12</b>	<b>Parmesan Baked Tilapia (R)</b>	<b>14</b>
<b>Vegetarian Stuffed Cabbage Rolls (R)(G)(V)</b>	<b>12</b>	<b>Vegetarian Stuffed Peppers (R)(V)</b>	<b>12</b>	<b>Baked Cod</b>	<b>14</b>	<b>Crispy Tofu with Scallions</b>	<b>12</b>
*Mashed Potatoes and Gravy (D)	2	Roasted Fingerling Potatoes (R)(G)	2	Stewed Lentils (R)(G)	2	*Mashed Potatoes and Gravy (D)	2
Brown Basmati Rice Pilaf	2	*Mac and Cheese (D)	2	*Quinoa with Toasted Pine Nuts (R)(N)	2	Broccoli Rice Casserole (D)	2
Steamed Broccoli (R)(G)	2	Braised Kale (G)	2	*Steamed Snap Peas (R)(G)	2	Roasted Beets (R)(G)	2
*Roasted Vegetables (R)(G)	2	*Ratatouille (R)(G)	2	Roasted Cherry Tomatoes (R)(G)	2	*Sautéed Mixed Vegetables (R)(G)	2
Dinner Roll		Whole Wheat Rolls		Parkerhouse Roll		Whole Wheat Rolls	
Apple Strudel	3	Butterscotch Blondie	3	Blackberry Cheesecake	3	Apple Pie	3
Chocolate Chip Cookies	3	Carrot Cake	3	Lemon Meringue Pie	3	Cherry Cobbler	3
Italian Cream Cheese Cake	3	Brownies with Walnuts	3	Chocolate Caramel Cake	3	Chocolate Cake	3
<u>Friday</u>	<u>pts</u>	<u>Saturday</u>	<u>pts</u>	<u>Sunday</u>	<u>pts</u>	 <p><b>ELM FORK</b></p> <p>(R) Reduced Sodium            (G) Gluten Free            (S) Shellfish            (N) Nut Allergy            (D) Dairy            (V) Vegetarian Entree</p> <p>* - Indicates Blue Plate Item in Bistro</p>	
Cucumber Tomato Slaw	2	Kale and Blueberry Salad (R)(G)	2	<p><b>Join us in the Blue Spire for Sunday Brunch</b></p> <p><b>Reservations are required</b></p>			
Garden Salad	2	Beet and Broccoli Salad (R)(G)	2				
*French Onion Soup	2	*Chicken and Wild Rice Soup	2				
Black Bean Soup	2	Broccoli Cheddar Soup (D)(V)	2				
<b>*Arroz con Pollo</b>	<b>12</b>	<b>*Chicken Kiev (D)</b>	<b>12</b>				
<b>Beef Carne Asada (G)</b>	<b>15</b>	<b>Apple Pork Chops (G)</b>	<b>14</b>				
<b>Pork Carnitas</b>	<b>14</b>	<b>Honey Garlic Shrimp</b>	<b>14</b>				
<b>Grilled Portabella with Corn Salsa (R)(G)(V)</b>	<b>12</b>	<b>Roasted Red Pepper Frittata (R)(G)(D)(V)</b>	<b>12</b>				
Cilantro Jasmine Rice (R)(G)	2	*Cheddar Mac and Cheese with Ham (D)	2				
*Refried Beans	2	Baby Red Potatoes with Lemon Butter	2				
*Garlic Green Beans (G)	2	*Baked Zucchini (R)(G)	2				
Seared Chayote Squash (R)(G)	2	Fried Okra	2				
Flour Tortillas		Whole Wheat Rolls					
Banana Pudding	3	Cherry Pie	3				
Chocolate Mousse Cake	3	Oatmeal Raisin Cookie	3				
Cheesecake	3	Fresh Fruit Salad	3				

All Entrees include two sides.

# Elm Fork **DINNER** - Dine In, Room Service or Pick Up

<u>Monday</u>	<u>pts</u>	<u>Tuesday</u>	<u>pts</u>	<u>Wednesday</u>	<u>pts</u>	<u>Thursday</u>	<u>pts</u>
Apple Cabbage Slaw (R)(G)	2	Blue Cheese Waldorf Salad	2	Asparagus and Pea Orzo Salad (R) Caesar Salad	2	Asian Spinach Salad	2
Caesar Salad	2	Garden Salad	2		2	Chicken Salad (G)	2
*Beef and Barley Soup	2	*Garden Vegetable Soup (G)(V)	2	*Chicken Vegetable Soup (G)	2	*Baby Chickpea and Ham Soup	2
Cream of Carrot (V)	2	Chili	2	Roasted Tomato Bisque (V)	2	Cream of Mushroom (D)	2
<b>*Grain Mustard Baked Turkey Breast (G)</b>	<b>12</b>	<b>Garlic and Sage Pork Loin (R)(G)</b>	<b>14</b>	<b>Swedish Meatballs</b>	<b>15</b>	<b>Asian Chicken Stir Fry Teriyaki</b>	<b>12</b>
<b>Grilled Rainbow Trout (R)(G)</b>	<b>14</b>	<b>Pot Roast (G)</b>	<b>15</b>	<b>Baked Cod</b>	<b>14</b>	<b>Steak</b>	<b>15</b>
<b>Beef Medallions with Pearl Onion Gravy</b>	<b>15</b>	<b>Vegetarian Stuffed Peppers (R)(V)</b>	<b>12</b>	<b>Grilled Chicken with Artichoke Sauce (G)</b>	<b>12</b>	<b>Ginger Garlic Tofu Stir Fry</b>	<b>12</b>
<b>Vegetarian Stuffed Cabbage Rolls (R)(G)(V)</b>	<b>12</b>	<b>Lemon and Oregano Salmon (R)(G)</b>	<b>14</b>	<b>Baked Vegetable Ziti (D)(V)</b>	<b>12</b>	<b>Kung Pao Shrimp</b>	<b>14</b>
*Orzo and Fresh Herbs (R)	2	Blue Cheese Polenta Cakes (D)	2	Buttered Egg Noodles	2	Steamed Basmati Rice (R)(G)	2
Mashed Sweet Potatoes (G)	2	Rice Pilaf (R)	2	Lemon CousCous (R)	2	Sesame Somen Noodles	2
*Sauteed Green Beans (G)	2	Steamed Cauliflower (R)(G) Carrots and Peas (R)(G)	2	Sauteed Cabbage	2	Steamed Asparagus (R)(G)	2
Herb Garlic Vegetable Blend (R)(G)	2	Dinner Roll	2	Steamed Peas (R)(G)	2	Stir Fry Baby Bok Choy	2
Whole Wheat Rolls	2	Butterscotch Blondie	3	Whole Wheat Rolls	2	Dinner Roll	2
Apple Strudel	3	Carrot Cake	3	Blackberry Cheesecake	3	Apple Pie	3
Chocolate Chip Cookies	3	Brownies with Walnuts	3	Lemon Meringue Pie	3	Cherry Cobbler	3
Italian Cream Cheese Cake	3		3	Chocolate Caramel Cake	3	Chocolate Cake	3
<u>Friday</u>	<u>pts</u>	<u>Saturday</u>	<u>pts</u>	<u>Sunday</u>	<u>pts</u>	 <p style="font-size: small; margin-top: 10px;">             (R) Reduced Sodium              (G) Gluten Free              (S) Shellfish              (N) Nut Allergy              (D) Dairy              (V) Vegetarian Entree         </p>	
Cucumber Tomato Slaw	2	Kale and Blueberry Salad (R)(G)	2	Pasta Salad (R)	2		
Garden Salad	2	Beet and Broccoli Salad (R)(G)	2	Spinach Salad	2		
*French Onion Soup	2	*Chicken and Wild Rice Soup	2	*Cream of Asparagus Soup (D)	2		
Black Bean Soup	2	Broccoli Cheddar Soup (D)(V)	2	Chicken Noodle Soup	2		
<b>Corned Beef</b>	<b>15</b>	<b>Chicken Jambalaya</b>	<b>12</b>	<b>BBQ Pork Shoulder</b>	<b>14</b>		
<b>Roasted Pork Tenderloin with Orange Sauce</b>	<b>14</b>	<b>Shrimp Etouffee (S)</b>	<b>14</b>	<b>*BBQ Chicken Drumsticks</b>	<b>12</b>		
<b>Fried Catfish</b>	<b>14</b>	<b>Roasted Red Pepper Frittata (R)(G)(D)(V)</b>	<b>12</b>	<b>Vegetarian Red Beans and Rice</b>	<b>12</b>		
<b>Grilled Portabella with Corn Salsa (R)(G)(V)</b>	<b>12</b>	<b>Beef Churrasco Skillet</b>	<b>15</b>	<b>Parmesan Baked Tilapia (R)</b>	<b>14</b>		
Wild Rice Dressing	2	Cajun Dirty Rice (R)	2	*Scalloped Potatoes (D)	2		
Roasted Yams (R)(G)	2	Baked Cheese Grits (R)(D)	2	Baked Beans	2		
Herb Garlic Vegetable Blend (R)(G)	2	Steamed Carrots (R)(G)	2	*Steamed Cauliflower (R)(G)	2		
Baked Spaghetti Squash (R)(G)	2	Broccoli and Cauliflower (R)(G)	2	Braised Mustard Greens	2		
Cornbread	2	Parmesan Garlic Bread	2	Parkerhouse Roll	2		
Banana Pudding	3	Cherry Pie	3	Cinnamon Apple Crumb Cake	3		
Chocolate Mousse Cake	3	Oatmeal Raisin Cookie	3	Chocolate Mousse	3		
Cheesecake	3	Fresh Fruit Salad	3	Blueberry Pie	3		

All Entrees include two sides.