

# Wyomissing Club Room

## MONDAY, SEPTEMBER 26

Creamed Chicken GF & Waffles  
Veal Schnitzel with Spaetzle

## TUESDAY, SEPTEMBER 27

 Lemon Pepper Haddock GF  
Spaghetti & Meatballs

## WEDNESDAY, SEPTEMBER 28

 Chicken Picatta GF  
Beef Stroganoff GF with Noodles

## THURSDAY, SEPTEMBER 29

 Roast Turkey GF with Potato Filling  
Stuffed Shells

## FRIDAY, SEPTEMBER 30

 Chicken Pot Pie  
Cracker Crusted Cod GF

## SATURDAY, OCTOBER 1

Shrimp Clams & More & take out menu  
4:30 – 6:30 pm  
Steamed Clams Caesar Salad GF  
Creamy Tuscan Shrimp with Wild Rice GF  
 Chicken Harvest Salad GF  
Shepherd's Pie GF  
**2 Sides included with Entrée**  
Coleslaw GF  
French Fries GF or Onion Rings  
Sautéed Spinach GF  
Ice cream Blackberry Pie

## SUNDAY, OCTOBER 2

Brunch Buffet & Take Out Menu  
11:30am-2:30pm  
House Salad GF  
Lox & Bagels Omelet Station  
Carved Ham with Pineapple sauce GF  
Salmon Wellington/Dijon Mustard Sauce  
Blueberry Pancakes  
Squash Medley GF  
Home fries/ Peppers & Onions  
Bacon Sausage GF  
Assorted Desserts

## Sunday Funday

Wyomissing Club Room 4:30 – 6:30pm  
Coleslaw Potato Salad  
Fried Shrimp & Chips Chef Salad  
Grilled Turkey Racheal  
*Always available items not offered*

## Additional Entrees Monday- Friday

### Sandwiches

Build your own Burger, Grilled  
Cheese, Reuben, Crab Cake Sliders  
Italian Chicken Sandwich

### Salad Entrees

Chicken Apple Walnut,  
Shrimp Citrus Crunch,  
Highlands Steak

### Additional Entrees

Pan Seared Salmon or Chicken  
Parmesan Crusted Cod  
Shrimp Scampi, Pork Ribeye  
Beef Tenderloin Medallions

## Terrace Room Menu

*September 26 – September 30, 2022*

### **STARTERS**

Soup of the Day, House Salad, Harvest Grain Salad,  
Arancini, Charcuterie Plate, Arugula Bruschetta

### **ENTREES**

#### **French Onion Pork Chop**

Pork chop with a caramelized onion medley. Served  
over gruyere potato pancake

#### **Eggplant Cavatelli**

Roasted eggplant, marinara sauce, fresh mozzarella, and  
basil over cavatelli served with a garlic breadstick.

#### **Miso Glazed Cod**

with baby Bok choy and shitake mushrooms served with  
Jasmine rice.

### Additional entrees

Filet of Beef, Maryland Crab Cakes, Pan roasted Salmon

## Dining Hours

**Bistro** – No reservations needed or accepted.

- Breakfast: Monday -Saturday 8:00 a.m. – 2:30 p.m.
- Lunch: Monday -Saturday 11:30 a.m. – 2:30 p.m.
- Dinner Buffet: Monday- Friday 4:00 p.m. – 6:30 p.m.
- Closed Sundays.

**Wyomissing Club** – Reservations required Monday-Sunday.

- Dinner: Monday - Friday 4:30 – 7:00 p.m.
- Saturday Evenings: 4:30 – 6:30 p.m.  
(Shrimp, clams, and more menu)
- Sunday Brunch: 11:30 a.m. – 2:30 p.m.,
- Sunday Funday! 4:30 – 6:30 p.m.

**Terrace Room** – Reservations required Monday -Friday & Sundays.

- Dinner: Monday- Friday 5:00 p.m. – 7:00 p.m.
- Sunday Brunch -11:30 a.m. – 2:30 p.m.
- Closed Saturdays

### To-Go & Room Service

**Please order To Gos from the Bistro Menu**

To-go & room service orders are available the following hours:

**Monday -Friday:** 12:00-2:30 p.m., 4:15-6:30 p.m.

**Saturday:** 11:30 am -2:30pm, 4:30 – 6:30 p.m.

**Sunday:** 11:30am-2:30 p.m.

Please call 484-220-8316 or email

[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org).

# Bistro Lunch “Homestyle Specials”

## MONDAY, SEPTEMBER 26

Creamed Chicken GF & Waffles  
Veal Schnitzel with Spaetzle

## TUESDAY, SEPTEMBER 27

🍎 Lemon Pepper Haddock GF  
Spaghetti & Meatballs

## WEDNESDAY, SEPTEMBER 28

🍎 Chicken Picatta GF  
Beef Stroganoff GF with Noodles

## THURSDAY, SEPTEMBER 29

🍎 Roast Turkey GF with Potato Filling  
Stuffed Shells

## FRIDAY, SEPTEMBER 30

🍎 Chicken Pot Pie  
Cracker Crusted Cod GF

## SATURDAY, OCTOBER 1

Shepherd’s Pie GF  
Roast Pork & Sauerkraut GF

## Bistro Dinner & Take Out Menu

### MONDAY, SEPTEMBER 26

Italian Wedding Soup GF  
Tomato Asiago Soup GF  
House Salad GF  
Veal Schnitzel  
Creamed Chicken GF & Waffles  
Italian Sausage & Peppers GF  
Spaetzle  
Green beans GF  
Squash Medley GF Roasted Beet GF  
Apple Cobbler Pecan Pie

### TUESDAY, SEPTEMBER 27

Navy Bean & Ham Soup GF  
Italian Wedding Soup GF  
Relish Plate GF  
🍎 Lemon Pepper Haddock GF  
Spaghetti & Meatballs  
Pulled Pork BBQ Sandwich  
Tater Tots GF  
Winter Blend GF Asparagus GF  
Buttered Carrots GF  
Peach Crisp Strawberry Cake

### WEDNESDAY, SEPTEMBER 28

Beef Orzo Soup GF  
Navy Bean & Ham Soup GF  
Southwest Salad GF  
🍎 Chicken Picatta GF  
Beef Stroganoff GF  
Flounder with Orange & Shallots GF  
Buttered Noodles Brussels Sprouts  
Cauliflower GF Broccoli GF  
Chocolate Cream Pie  
Oatmeal Raisin Cookies

### THURSDAY, SEPTEMBER 29

French Onion Soup GF  
Beef Orzo Soup GF  
Sonoma Salad GF  
🍎 Roast Turkey GF with Gravy  
Stuffed Shells  
Hot Dog on Roll  
Potato Filling  
Green bean Casserole  
Buttered Carrots GF Squash Medley GF  
Tiramisu Pumpkin Pie

### FRIDAY, SEPTEMBER 30

#### Action Station – Mac & Cheese

Split Pea Soup GF  
French Onion Soup  
🍎 Caesar Salad  
Cracker Crusted Cod  
Chicken Pot Pie  
Sauerbraten GF  
Scalloped Potatoes GF  
Winter Blend GF Acorn Squash GF  
Sweet & Sour Cabbage GF  
Chocolate Éclair Cheesecake

### Always Available

Applesauce, House Salad, Fresh Fruit  
Chicken Apple Walnut Salad GF  
Baked Salmon Baked Chicken  
Whipped, Baked & Sweet Potatoes  
**Desserts:** Angel Food Cake, Hand  
Fruit (apple, banana, orange)  
🍎 =Lower Fat, Lower Sodium  
GF=Gluten Free

## Announcements

### Brunch Buffet

1st Sunday Brunch Buffet in the Wyomissing  
Club Room & Terrace Room, Sunday October  
2,2022 11:30am-2:30pm

### Coffee with Chris



Thursday, September 27,2022 10:00am  
This will be held bi-weekly in the Terrace Room

### Engage 360 – Dining Menus

Residents can access dining menus through  
the Engage 360 platform.  
To access please follow the below steps:

1. Touch the “Engage” button on your Sentrics Remote Control.
2. Use the directional arrows and navigate to “Community” on your menu bar.
3. Touch the “OK” button on your remote.
4. Use the directional arrows and navigate to the “Dining” tile.
5. Use the directional arrows and navigate to the desired menu.
6. Touch the “OK” button on your remote to view menu.