


# Bistro Lunch and Wyomissing Club Room Dinner

## “Homestyle Specials”


### MONDAY, NOVEMBER 28

**Lunch Special – Chicken Finger Basket**  
 Asian Pork Tenderloin GF  
 Honey Bourbon Chicken GF

### TUESDAY, NOVEMBER 29

**Lunch Special- Ham Salad**  
 Veal Marsala GF  
 Asiago Chicken GF

### WEDNESDAY, NOVEMBER 30

**Lunch Special – Pizza Day!**  
 Beef Brisket, Caramelized Onion GF mac& Cheese  
 Chicken Scallopini GF

### THURSDAY DECEMBER 1

**Lunch Special- Chipped Beef**  
 Beef Stir Fry with Rice GF  
 Cedar Plank Salmon GF

### FRIDAY, DECEMBER 2

Hand Breaded Scallops  
 Chicken Tetrazzini

### SATURDAY, DECEMBER 3

*Available During Bistro Lunch Only*  
 Beef Lasagna  
 Roast Pork GF with Stuffing

## Announcements

### Walkers & Carts

You may bring your walker or cart into the dining areas and employees will assist with “parking” and bring it back when you are ready to leave.

### Christmas Reservations

Now accepting Christmas reservations!  
 Call **484-220-8316** or email  
[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org)



First Friday Happy Hour! 4:00pm – 5:00pm  
 December 2, 2022, in the Wyomissing Club

### Reservations

Residents can make 3 reservations per week for the **Terrace Room**. Reservations are required for the Wyomissing Club Room. Reservations are accepted 3 days in advance. Call **484-220-8316** or email  
[diningorders@thehighlands.org](mailto:diningorders@thehighlands.org).

Reservation Schedule	
Call on:	For Reservations:
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

## Terrace Room Menu

*November 28 – December 2 2022*

### STARTERS

Soup of the Day, House Salad, Harvest Grain Salad, Spinach & Artichoke Dip with Pitas, Charcuterie Plate, Philly Cheesesteak Rolls

### ENTREES

**Grilled Mahi-Mahi** GF

Mahi-Mahi, Lemongrass-Lime Sauce

**Chicken a l'orange** GF

Chicken Breast, Garlic, Orange Sauce

**Pork Tenderloin with Creamy Mushroom Sauce**

Pork tenderloin, Penne, Mushroom Sauce

**Sauteed Bok Choy Asian Rice Pilaf**

### 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

## Bistro Dinner & Take Out Menu

### MONDAY, NOVEMBER 28

Cream of Mushroom Soup GF  
 House Salad GF Fresh Fruit  
 Asian Pork Tenderloin GF  
 Honey Bourbon Chicken GF  
 🍎 Cottage Cheese & Fruit Plate GF  
 Fried Rice GF  
 Winter Blend GF  
 Caramelized Cauliflower GF  
 Italian Green Beans GF  
 Mint Pie  
 Lemon Pound Cake

### THURSDAY, DECEMBER 1

Broccoli Salad GF  
 Pepper Pot Soup GF  
 Cream of Asparagus Soup GF  
 Beef Stir Fry with Rice GF  
 🍎 Cedar Plank Salmon GF  
 Kielbasa Sausage GF  
 Cabbage & Noodles  
 Winter Blend GF  
 Buttered Carrots GF French Beans GF  
 Apple Cake Ghirardelli Brownie

### TUESDAY, NOVEMBER 29

Herring in Wine GF  
 Mushroom Barley  
 Lentil Soup GF  
 Tuna Noodle Casserole  
 Asiago Chicken GF  
 Veal Marsala GF  
 Orzo Pilaf  
 Breaded Zucchini  
 Baby Beets GF Broccoli GF  
 Fruit of the Forest Pie  
 Orange Cake

### FRIDAY, DECMEBER 2

Action Station – Pizza  
 Caesar Salad GF  
 New England Clam Chowder GF  
 Pepper Pot Soup GF  
 Chicken Tetrazzini  
 Breaded Scallops Leg of Lamb GF  
 Roasted Potatoes GF  
 Mixed Vegetables GF  
 Toasted Green Beans Broccoli GF  
 Hummingbird Cake Key Lime Pie

### WEDNESDAY, NOVEMBER 30

Southwest Salad GF  
 Cream of Asparagus Soup GF  
 Mushroom Barley Soup  
 Beef Brisket/ Caramelized Onion GF  
 Chicken Scallopini GF  
 🍎 Turkey Loaf  
 Macaroni & Cheese  
 Stewed Tomatoes GF  
 Braised Kale with Apples & Bacon GF  
 Squash Medley GF  
 Peach Crumb Pie  
 Chocolate Raspberry Cake

### Always Available

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

## Wyomissing Club Weekend Happenings

### SATURDAY, DECEMBER 3

**Shrimp, Clams, & More &  
 Take Out Menu 4:30 – 6:30 pm**  
 Steamed Clams GF Caesar Salad  
 Seafood Newburg GF  
 🍎 Cobb Salad GF Beef Lasagna  
 Coleslaw GF  
 French Fries GF or Onion Rings  
 Spinach GF  
 Ice cream  
 Cherry Crisp

### SUNDAY, DECEMBER 4

**Buffet Brunch & Take Out Menu  
 11:30am -2:30pm**  
 Omelet Station  
 Toast Bar:  
*Ricotta, Avocado, Strawberries & Peaches*  
 Mixed Greens  
 🍎 Chicken Florentine  
 Herb Roasted Pork/Marsala Sauce GF  
 Waffles/Strawberries  
 Fingerling Potatoes GF  
 Vegetable Medley GF  
 Bacon GF Sausage  
 Assorted Desserts

### To-Go & Room Service

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

To-go & room service orders are available during 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).

### *Movie Night Menu!*



**Wyomissing Club Room 4:30 – 6:30pm**  
 BB Gun BBQ Cocktail Weenies  
 “Easter Bunny Suit” Pasta Salad  
 Meatloaf, Double Beetloaf, Mashed  
 Potatoes, Green beans  
 “Chop Suey Palace” Asian Noodle Salad  
 Ralphie’s Sausage Sandwich  
 With Peppers & Onions GF  
 Oh Fudge Chocolate Cake!  
*Always available items not offered  
 Not Available for Take Out*

**View A Christmas Story on  
 Sentric channel 4 @ 7pm!**