




# Bistro ~ Wyomissing Club

## Menu for March 8<sup>th</sup> to March 14<sup>th</sup>



### Sunday, March 8<sup>th</sup>

Seafood Bisque -GF  
 Lentil Soup -GF  
 Greek Salad -♥  
 Garlic-Peppercorn Pork Tenderloin-GF,♥  
 Sautéed Tenderloin Tips -GF  
*with button mushrooms*  
 Seafood Stuffed Salmon -GF,♥  
 Salmon -GF,♥      Baked Cod -GF,♥  
*(Poached or Grilled)      w/lemon & dill*  
 Baked Chicken      Grilled Ham Steak-GF  
 Pasta *with Marinara*      Omelet -GF  
 Burger or Veggie Burger  
 Balsamic Glazed Beets-GF,♥  
 Spinach Souffle / Highlands Blend-GF,♥  
 Autumn Mashed-GF / Mashed Pot.-GF  
 Baked or Sweet Potato-GF,♥

### Monday, March 9<sup>th</sup>

Vegetable Beef Soup -GF,♥  
 Seafood Bisque -GF  
 Pepper Cabbage -GF,♥  
 Fried Chicken  
 Ham Loaf *with pineapple sauce*  
 Tuna Steak *with sweet* -GF,♥  
*red pepper & BBQ sauce*  
 Salmon -GF,♥      Baked Cod -GF,♥  
*(Poached or Grilled)      w/lemon & dill*  
 Baked Chicken      Grilled Ham Steak-GF  
 Pasta *with Marinara*      Omelet -GF  
 Burger or Veggie Burger  
 Acorn Squash-GF,♥ ~ Broccoli-GF,♥  
 Sautéed Collard Greens-GF  
 Sweet Potato Wedges-GF / Mashed-GF  
 Baked or Sweet Potato-GF,♥

### Tuesday, March 10<sup>th</sup>

Roasted Mushroom Soup -GF,♥  
 Vegetable Beef Soup -GF,♥  
 Antipasto Salad  
 Mushroom Stuffed Chicken  
 Veal Blanquette  
 Herb Crusted Cod -♥  
 Salmon -GF,♥      Baked Cod -GF,♥  
*(Poached or Grilled)      w/lemon & dill*  
 Baked Chicken      Grilled Ham Steak-GF  
 Pasta *with Marinara*      Omelet -GF  
 Burger or Veggie Burger  
 Green Beans *with shallots & bacon* -GF  
 Zucchini & Squash -GF,♥  
 Carrots -GF,♥ ~ Potato Latke -GF  
 Baked or Sweet Potato -GF,♥  
 Mashed Potatoes -GF

### Wednesday, March 11<sup>th</sup>

Corn Chowder -GF  
 Roasted Mushroom Soup -GF,♥  
 Nicoise Salad -GF,♥  
 Herring & Sour Cream  
 Pork & Sauerkraut -GF  
 Chicken Parmesan *with Spaghetti*  
 London Broil -♥  
*w/ mushroom sauce (GF-no sauce)*  
 Salmon -GF,♥      Baked Cod -GF,♥  
*(Poached or Grilled)      w/lemon & dill*  
 Baked Chicken      Grilled Ham Steak-GF  
 Pasta *with Marinara*      Omelet -GF  
 Burger or Veggie Burger  
 Asparagus-GF,♥ / Highlands Blend-GF,♥  
 Mixed Vegetables -GF,♥  
 Baked or Sweet Potato -GF,♥  
 Potato Wedges-GF / Mashed Pot.-GF

## Thursday, March 12<sup>th</sup>

Chicken Florentine Soup -♥

Corn Chowder -GF

Macaroni Salad

Veal Marsala

Fish & Chips (*haddock*)

 Turkey Meatloaf *with gravy* -GF,♥

Salmon -GF,♥      Baked Cod -GF,♥  
(*Poached or Grilled*)      *w/lemon & dill*

Baked Chicken      Grilled Ham Steak-GF

Pasta *with Marinara*      Omelet -GF

Burger or Veggie Burger

Roasted Tomatoes *w/balsamic drizzle* -GF

Butter Beans -GF ~ Broccoli -GF,♥

Parslied Potatoes -GF,♥

Baked or Sweet Potato -GF,♥

Mashed Potatoes -GF

## Friday, March 13<sup>th</sup>

Cream of Asparagus Soup -GF,♥

Chicken Florentine Soup -♥

Bruschetta *with Crostini*

Relish Plate -GF,♥

Cheese Crumb Haddock

Sautéed Chicken Livers

 Beef Tenderloin -GF,♥  
*with horseradish chive sauce*

Salmon -GF,♥      Baked Cod -GF,♥  
(*Poached or Grilled*)      *w/lemon & dill*

Baked Chicken      Grilled Ham Steak-GF

Pasta *with Marinara*      Omelet -GF

Burger or Veggie Burger

Wax & Green Beans -GF,♥

Carrots-GF,♥ / Peas & Onions-GF,♥

Seasoned Rice-GF,♥ / Mashed Pot.-GF

Baked or Sweet Potato -GF,♥

## Saturday, March 14<sup>th</sup>

Manhattan Clam Chowder -GF

Cream of Asparagus Soup -GF,♥

Kim Chi Salad -GF

(*Asian salad with cabbage, radish, shallots,  
ginger, scallions, garlic, red pepper flakes*)

Little Italy Chicken

Pot Roast *with Root Vegetables* -GF,♥

 Shrimp Stir Fry *with rice* -♥

Salmon -GF,♥      Baked Cod -GF,♥  
(*Poached or Grilled*)      *w/lemon & dill*

Baked Chicken      Grilled Ham Steak-GF

Pasta *with Marinara*      Omelet -GF

Burger or Veggie Burger

Cauliflower Bake / Lima Beans -GF,♥

Highlands Blend -GF,♥

Herbed Penne / Mashed Potatoes-GF

Baked or Sweet Potato -GF,♥

## NEW Dessert Menu

**March 8<sup>th</sup> - 14<sup>th</sup>**

### 2 SPECIAL DESSERTS EACH DAY:

**Sun** – Chocolate Layer Cake / Cream Puff  
**Mon** – Cookies & Cream Pie / Trad.Bread Pudding  
**Tues** – Banana Cake / Cannoli  
**Wed** – Coconut Cream Pie / Blackberry Cobbler  
**Thur** – Fruit of Forest Pie / Vanilla Pudding  
**Friday** – Key Lime Pie / Apple Dumpling  
**Sat** – Chocolate Mousse Pie / Cherry Crisp

### No Sugar-Added

*Assortment available ~ Pie & Cake*  
(ask your server for selections)

### Always Available

*Angel Food Cake ~ Pound Cake*  
*Home Baked Cookies (2 pack)*  
*Jello & Sugar-Free Jello*  
*Ice Cream ~ Ice Cream Sundae*  
*Fresh Cut Fruit ~ Fresh Whole Fruit*  
(banana, apple, orange)



**“Tastefully Healthy” menu choice ~ promoting a healthier lifestyle.**

## Bistro Menu for March 8<sup>th</sup> to March 14<sup>th</sup>

# Breakfast...



### Bistro Breakfast Special of the Week

(Monday – Saturday)



**French Toast** . . . \$2.50  
with strawberry glaze & whipped topping

### Sunday Brunch

Featuring:  
French Toast  
Omelets  
Sausage ~ Bacon

# NEW - Daily Lunch Specials...

<b>Monday</b>	<b>Kentucky Hot Brown Sandwich</b> ~ Open-faced sandwich on white bread topped with turkey, bacon and tomatoes, covered in a creamy Mornay sauce, broiled to a golden brown <b>1/2 portion – Kentucky Sandwich and Soup</b>	..\$4.95 ..\$3.95
<b>Tuesday</b>	<b>Asian Chopped Chicken Salad</b> ~ Romaine lettuce topped with red cabbage red pepper, mandarin oranges, shredded carrots, green onion & fried won ton strips with scoop of chicken salad, served with sesame ginger vinaigrette <b>1/2 portion – Asian Chicken Salad with Soup</b>	..\$4.95 ..\$3.95
<b>Wednesday</b>	<b>French Dip Panini</b> ~ Thinly sliced prime rib heated in au jus, placed in panini with provolone cheese, sautéed onion and mushrooms, pressed and served with a side of au jus <b>1/2 portion – French Dip Panini with Soup</b>	..\$4.95 ..\$3.95
<b>Thursday</b>	<b>Greek Salad with Shrimp</b> ~ Romaine lettuce topped with English cucumber, red onion, green pepper, grape tomato, kalamata olives and feta cheese, garnished with shrimp, served with red wine vinaigrette <b>1/2 portion – Greek Salad with Shrimp and Soup</b>	..\$4.95 ..\$3.95
<b>Friday</b>	<b>Beer Battered Fish Sandwich</b> ~ Fresh cod in tempura beer batter, placed on a deli bun with lettuce and tomato ~ served with French fries <b>1/2 portion – Beer Battered Fish Sandwich with Soup</b>	..\$4.95 ..\$3.95
<b>Saturday</b>	<b>Monte Cristo Sandwich</b> ~ French toast sandwich seared with ham, turkey and Swiss cheese, served with melba sauce <b>1/2 portion – Monte Cristo Sandwich and Soup</b>	..\$4.95 ..\$3.95

**“Boxed Meals”**  
available in Bistro for  
**SUNDAY EVENING**  
**LIGHT FARE**

Orders must be returned  
to Bistro by 12 Noon  
~ ask for order form ~



### Bistro Dining Hours

#### **Monday – Saturday**

Breakfast	8:00 am – 2:30 pm
Lunch Ala Carte	11:00 am – 2:30 pm
Lunch Buffet	12 noon – 1:30 pm
<b>CLOSED</b>	<b>2:30 pm – 4:00 pm</b>
Dinner Buffet	4:00 pm – 6:30 pm
<b>Sunday Brunch</b>	11:00 am – 1:30 pm

# Terrace Room Dining

**Terrace Room** Monday through Saturday – 5:00 to 7:00 pm

**Dining Hours:** Sunday – 11:30 am to 1:30 pm (*Club Menu offered*)

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## Weekly Menu for March 9<sup>th</sup> to March 14<sup>th</sup>

### APPETIZERS

#### Warm Seasoned Salmon

##### **Mousse with Crostini**

*Fresh Atlantic Salmon sautéed with garlic shallots, celery, fresh herbs and seasonings, pureed with heavy cream and egg whites, baked en casserole, served with crispy crostini*

#### Soup du Jour

##### **Fresh Fruit Cup -GF**

##### **Classic Coleslaw -GF**

##### **Applesauce -GF**

#### Salad du Jour

#### Roasted Sweet Potato Soup -GF

##### **with Green Apple & Goat Cheese**

*Sweet potato chunks roasted with onion and celery, then simmered in vegetable stock, blended until smooth, topped with diced granny smith apples & goat cheese crumbles, garnished with crisp sweet potato chips and balsamic glaze*

#### Tossed Garden Salad -GF

#### Caesar Salad

### ENTREES

#### **This Week's Specials:**

##### **Beef Braciola**

*Thinly sliced strip steak stuffed with prosciutto, golden raisins, Pecorino Romano cheese, breadcrumbs and Italian parsley, slow braised in red gravy with gremolata, served on a bed of orzo pilaf*

##### **Lamb Tenderloin with Herb Dumplings**

*Lamb tenderloin slow roasted with onion, carrots and parsley, thinly sliced and served with herbed baking powder dumplings, topped with a rich lamb demi-glace*

##### **Shad with Roe -GF**

*Fresh shad fish and roe sautéed in butter until golden brown with lemon, parsley and caper.  
Optional choice: topped with crisp bacon*

#### **Always Available:**

##### **Pasta du Jour:**

##### **Asian Spaghetti Squash -GF**

*Julienne carrots, red peppers, green peas and bean sprouts with ginger, garlic, sesame oil, soy sauce and siracha, tossed with spaghetti squash*

##### **Pan Roasted Salmon -GF**

*served on a bed of sautéed spinach, topped with lemon butter sauce*

##### **Farm Fresh Omelet -GF**

*stuffed with your choice of tomato, pepper, onion, mushroom, ham, bacon, cheese*

##### **Pan-Seared Strip Steak -GF**

*served with red wine reduction*

### ACCOMPANIMENTS

**Creamed Peas with Mint**

**Colcannon Carrots -GF**

**Herbed Dumplings**

**Vegetable du Jour**

**Roasted Yukon Gold Potatoes -GF**  
*with olive oil & rosemary*

**Baked or Sweet Potato -GF**