

Bistro Lunch and Wyomissing Club Room Dinner “Homestyle Specials”

MONDAY, MARCH 27

Lunch Special – *Liverwurst Sandwich*
Beef Tips GF
🍎 Tilapia Scampi GF

THURSDAY, MARCH 30

Breakfast & Lunch Special
Eggs Benedict
Chicken Parmesan with Capellini
🍎 Shrimp Stir Fry GF with Rice

TUESDAY, MARCH 28

Lunch Special – *Egg Salad*
Roast Pork & Sauerkraut GF
Stuffed Flounder Florentine GF

FRIDAY, MARCH 31

Chicken Cordon Bleu
Meatball Sandwich w/ Curly Fries

WEDNESDAY, MARCH 29

Lunch Special – *Pizza Day!*
Pot Roast with Gravy GF
Breaded Shrimp

SATURDAY, APRIL 1

Available During Bistro Lunch Only
Pulled Pork BBQ
🍎 London Broil GF

Announcements

National Nutrition Month

We will offer one delicious plant-based recipe every **Monday** in March in the Wyomissing Club Room.

Thirsty Thursday

Join us March 30th
in the Wyomissing Club Room
3:00pm – 4:00pm.

Enjoy samples of different flavored non-alcoholic seltzers. Please call 484-220-8316 to sign up

Coffee with Chris

Tuesday, March 28th, 2023
10:00am in the Terrace Room

New Spring and Summer Menus

New Spring and Summer Menu started April 3rd.
Keep watch for new and exciting additions.

Did you know?

Gluten Friendly –(GF) Food items with this symbol behind it are prepared with gluten free ingredients. Please keep in mind that we do not have a completely gluten friendly kitchen.

Terrace Room Menu

MARCH 27th to 31st

Starters

Soup of the Day, Chopped Salad, Winter Grain Salad,
Vegetable Pot Stickers, Sweet Thai Sauce, Charcuterie Plate,
Mini Crab Cakes, Remoulade Sauce

Entrees

Grilled Mahi Mahi
Chimichurri Sauce

Chicken Cacciatore

Quarter Chicken thigh, tomatoes, olives, onions, and peppers

Curried Cauliflower

Served over Couscous and Chickpeas
Cauliflower, red onions, chickpeas, couscous, lentils, Greek yogurt, spinach, herbs, and spices.

Asparagus Mushroom Risotto

Additional entrees

Filet of Beef, Lobster Tail, Pan Roasted Salmon

Dining Hours and Reservations

Reservations are accepted 3 days in advance.

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 – 6:30 p.m.
- Closed Sundays.

Wyomissing Club

Reservations are 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

Residents can make 3 reservations per week.
Reservations are 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, MARCH 27

House Salad GF \$4.00
 Shrimp Bisque GF \$2.95
 Pasta e Fagioli Soup \$2.95
 Oven Fried Chicken \$10.00
 Beef Tips GF \$10.00
 Tilapia Scampi GF \$10.00
 Buttered Noodles Lima Beans GF \$1.95
 Harvard Beets GF \$1.95
 Broccoli GF \$1.95
 Chocolate Mint Pie \$2.50
 Macaroon Cookies GF \$2.50

THURSDAY, MARCH 30

Antipasto Salad GF \$4.00
 Cream of Potato Soup GF \$2.95
 Chicken Tortilla Soup \$2.95
 Chicken Parmesan with Capellini \$10.00
 Shrimp Stir Fry GF \$10.00
 Beef Taco Salad \$10.00
 Fried Rice GF \$1.95
 Asparagus GF \$1.95
 Stir Fry Blend GF Broccoli GF \$1.95
 Apple Pie \$2.50
 Cannoli \$2.50

TUESDAY, MARCH 28

Cottage Cheese & Apple Butter GF \$4.00
 Vegetable Soup GF \$2.95
 Shrimp Bisque GF \$2.95
 Roast Pork & Sauerkraut GF \$10.00
 Stuffed Flounder Florentine \$10.00
 Turkey Cutlet with Gravy GF \$10.00
 Whipped Potatoes GF \$1.95
 Green Beans GF \$1.95
 Squash Medley GF \$1.95
 Baby Carrots GF \$1.95
 Cherry Pie \$2.50
 Chocolate Cake \$2.50

FRIDAY, MARCH 31

Action Station – Pasta Station

Caesar Salad GF \$4.00
 Minestrone GF \$2.95
 Cream of Potato GF \$2.95
 Chicken Cordon Bleu \$10.00
 Meatball Sub Sandwich \$10.00
 Vegetable Lasagna \$10.00
 Curly Fries GF \$1.95
 Wilted Spinach & Bacon GF \$1.95
 Seasoned Peas GF \$1.95
 Squash Medley GF \$1.95
 Carrot Cake \$2.50
 Chocolate Cheesecake Bar \$2.50

WEDNESDAY, MARCH 29


Coleslaw GF \$4.00
 Chicken Tortilla Soup GF \$2.95
 Vegetable Soup GF \$2.95
 Pot Roast with Gravy GF \$10.00
 Breaded Shrimp \$10.00
 Chicken Cheesesteak \$10.00
 Potato Wedges GF \$1.95
 Winter Blend GF \$1.95
 Cauliflower GF \$1.95
 Herbed Zucchini GF \$1.95
 Coconut Custard \$2.50
 Bananas Foster GF \$2.50

Always Available

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

Wyomissing Club Weekend Happenings

SATURDAY, APRIL 1

Shrimp Clams & More & Take Out Menu
4:30 – 6:30 pm
 Steamed Clams GF \$12.00
 Caesar Salad \$4.00
 Shrimp, Penne ala Vodka Sauce \$14.00
 Winter Citrus Chicken Salad GF \$12.00
 London Broil GF \$10.00
 Macaroni Salad GF \$1.95
 Rissole Potatoes, French Fries or
 Onion Rings \$1.95
 Green Beans GF \$1.95
 Ice cream \$2.50 Peanut Butter Pie \$2.50

SUNDAY, APRIL 2

Brunch Buffet 11:30am -2:30pm
Buffet Meal Charge: \$20.00
 Lox & Bagels Omelet Station
 Roast Turkey with Gravy GF
 Seafood Cakes GF with Dill Sauce
 Strawberry Stuffed French Toast
 Baby Carrots Potato Casserole GF
 Bacon GF Sausage GF
 Assorted Desserts
 \$6.00 Mimosa or Bloody Mary

SUNDAY FUNDAY!

Macaroni Salad \$1.95
 Shrimp Salad Tomato Plate \$12.00
 Grilled Hot Dog with Toppings \$10.00
 Philly Cheesesteak \$7.95
 Waffle Fries \$1.95
Always available items not offered

To-Go & Room Service

Please order To Go's 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.