

Announcements & Events

March is National Nutrition Month

Health Tip: Follow the MIND Diet!
The MIND Diet encourages seating MORE of these food groups:

- Beans:** 3 Servings a Week
- Berries:** at least 2 Servings a Week
- Fish:** 1 Serving a Week
- Leafy Greens:** at least 6 Servings a Week
- Other Vegetables:** at least 1 Serving a Day
- Nuts:** 5 Servings a Week
- Poultry:** 2 Servings a Week
- Whole Grains:** at least 3 Servings a Day

Look for Additional Nutritional Tips held within
Bistro Dining Room Table Tents.

Coffee with Chris

Held on Tuesday, March 11th, in the Terrace Room at 10am.

1950's Sock Hop

Join us in the Cultural Center on Wednesday, March 26th, for an afternoon of food stations, drinks, music and dancing. Featuring live entertainment from Jeff Krick Jr., Reading's premiere Elvis tribute performer.

Sign Up on Cubigo Starting March 12th
Limited Seating Available
One Meal Credit | \$20 Declining Balance

Birthday Celebration

The Birthday Celebration is being held in the Terrace Room at 5pm on Monday, March 17th, 2025.
Event is invitation only.

International Cuisine

Join us at noon in the Wyomissing Club Room on Wednesday, March 19th, for a Mediterranean themed meal.

MENU

- Appetizer:** Trio Platter – Hummus, Feta Dip, Tzatziki
- Entrees:** Moussaka, Chicken Souvlaki
- Accompaniments:** Lemon Herbed Orzo, Greek Tabbouleh Salad
- Dessert:** Baklava, Loukoumades (Greek Doughnut)

Limited Seating | Sign Up on Cubigo
One Meal Credit | \$20 Declining Balance

Upcoming March Events:

- March 17th:** St. Patrick's Day Birthday Dinner, 5 pm
- March 19th:** International Cuisine, 12 pm
- March 26th:** 1950's Sock Hop, 5 pm

To-Go and Room Service Hours

You can order from the *Bistro, Club or Terrace Room Menus*
To-Go Orders are available between the following hours:

Monday -Saturday:

Lunch: 11:30 am - 2:30 pm
Dinner: 4:15 pm, 4:30 pm, 4:45 pm, 5:00 pm, 5:15 pm, 5:30 pm

Sunday: 11:30 am-2:30 pm

Room Service: Starting at 5:30 pm Mon-Sat and 1:00 pm on Sundays.

Please call (484) 220-8316 or email diningorders@thehighlands.org.

Please place To Go order before 3 pm to ensure it is received.

Terrace Room Menu only available Tuesday - Saturday

For any discrepancies on TOGO orders please contact the Main Kitchen for a correction (484) 220-8317

Dining Room Hours

Bistro

No reservations are needed or accepted.

Breakfast: Monday - Saturday 8:00 am – 2:30 pm
Lunch: Monday -Saturday 11:30 am – 2:30 pm
Dinner Buffet **\$20.00:** Monday- Friday 4:00 – 6:30 pm
Closed Sundays.

Wyomissing Club Room

Dinner: Monday - Sunday 4:30 – 6:30 pm
Late Night Thursday – Saturday 7:00 pm - 9:00 pm
Sunday Brunch: 11:30 am – 2:30 pm

Terrace Room

Dinner: Tuesday - Saturday 5:00 pm – 8:00 pm
Sunday Brunch -11:30 am – 2:30 pm
Closed Mondays.

Weekly Bistro Specials

Featured Ice Cream Flavors

Coffeehouse Cookies & Cream White House Cherry
Ask your server for the current selection of Lactose Free Ice Cream.

Vegetable of the Week

Bistro and Club Room Vegetable of the Week:
Spring Blend

Available During Bistro Breakfast & Lunch

MONDAY, MARCH 10th

Special: Pastrami Egg Hash Breakfast
Burrito with Chipotle Mustard

TUESDAY, MARCH 11th

Special: Chopped Cheese

WEDNESDAY, MARCH 12th

Lunch Special -Pizza Day!

THURSDAY, MARCH 13th

Special: Sausage Gravy with Biscuits

FRIDAY, MARCH 14th

Special: Bacon Western Burger
(Bacon, Cheddar, Onion Rings, BBQ Sauce)

Weekly Dining Menus

Terrace Room Menu:

MARCH 11 -15

Starters

Soup of the Day \$2.95 (Bistro Menu)
Chopped Salad \$4.00
Mediterranean Quinoa and Farro Salad \$4.00
Louisiana Shrimp Dip with Crostini \$6.00
Creamy Ricotta Bites with Zesty Marinara \$6.00

Entrees

Teriyaki Beef Kabobs |GF \$15.90

Tender, teriyaki-marinated and grilled Beef Kabobs finished with a Wasabi Cream; served with Crispy Rice Cakes and Steamed Broccoli

Wild Mushroom and Sausage Ragout \$15.90

Fresh Ragout of Wild Mushroom and Italian Sausage tossed over Pappardelle Pasta; served with Pesto Garlic Bread and Steamed Broccoli

Chicken Mole |GF \$15.90

Braised Chicken Thigh in a traditional Mole Sauce; served with Elote Street Corn and Cajun Roasted Potatoes

Accompaniments

Crispy Rice Cakes |GF \$1.95
Cajun Roasted Potatoes |GF \$1.95
Steamed Broccoli |GF \$1.95
Elote Street Corn |GF \$1.95

Additional entrees

Pan Roasted Salmon Filet of Beef (\$12.00 upcharge)

Dessert

Bailey's Irish Cream Cheesecake \$2.50
Drunken Salted Caramel Apple Cake \$2.50

Club Room Menu

Available: Monday – Friday Dinner

Starters

Soup of the Day \$2.95(Bistro Menu)
House Salad \$4.00
Caesar Salad \$4.00
Fresh Fruit Cup \$4.00
Fried Green Beans with Sriracha Aioli \$6.00

Salad Entrees

Chicken Apple Walnut |GF \$12.00
Shrimp Citrus Crunch Salad |GF \$12.00
Steak Caesar Salad |GF \$15.00

Sandwiches

BYO Burger \$7.95
Portabella Stack \$7.95,
Crab Cake Sandwich \$14.00 (\$4.00 upcharge)

Entrees

Pan Seared Salmon \$12.95
Parmesan Crusted Cod \$12.95,
Pork Medallions \$14.00,
Petit Filet \$16.00 (\$6.00 upcharge),
All Three Club Homestyle Dinners

Dessert

Chocolate Chip Ricotta Pie \$2.50
Dessert of the Day (Bistro Dinner) \$2.50

Bistro Dinner, Club Homestyle, & Take Out Menu

SATURDAY, MARCH 8th

Wyomissing Club, 4:30-6:30pm

Italian Night | Reservations Required

New England Clam Chowder \$2.95

Caprese Salad |GF \$4.00

Mozzarella Sticks, Marinara Sauce \$4.00

Little Italy Chicken |GF \$13.00

🍅 Linguine, White Clam Sauce \$13.00

Beef Braciolo \$13.00

Parmesan Risotto \$1.95

Herb Roasted Mushrooms |GF \$1.95

Italian Green Beans |GF \$1.95

Tiramisu \$2.50

MONDAY, MARCH 10th

Cream of Mushroom |GF \$2.95

Gazpacho |GF \$2.95

Macaroni Salad \$4.00

Pork & Sauerkraut |GF \$10.00

🍅 BBQ Chicken |GF \$10.00

Stuffed Bell Pepper \$10.00

Whipped Potatoes |GF \$1.95

Fresh Green Beans |GF \$1.95

Roasted Beets |GF \$1.95

Apple Cobbler \$2.50

Pecan Pie \$2.50

THURSDAY, MARCH 13th

Seafood Chowder |GF \$2.95

Chicken Tortilla Soup \$2.95

Caesar Salad \$4.00

Roast Turkey, Gravy |GF \$10.00

Stuffed Shells & Sauce \$10.00

🍅 Citrus Coconut Cod |GF \$10.00

Potato Filling \$1.95

Buttered Carrots |GF \$1.95

Green Bean Casserole \$1.95

Butterscotch Bundt Cake \$2.50

Blueberry Crumb Pie \$2.50

SUNDAY, MARCH 16th

Buffet Service 11:30am-2:30pm | \$20.00

Muffins, Danishes & Sticky Buns

Fresh Fruit

Mixed Greens Salad

Omelet Bar

Chicken Marsala |GF

Honey Garlic Haddock |GF

Pork Tenderloin, Apple Chutney |GF

Home Fries |GF

Caramelized Cauliflower |GF

Green Beans |GF

Bacon |GF & Sausage |GF

Assorted Desserts

SUNDAY, MARCH 9th

Buffet Service 11:30am-2:30pm | \$20.00

Muffins, Danishes & Sticky Buns

Fresh Fruit

House Salad

Waffle Station

Rose Gold Tuscan Chicken |GF

Croque Monsieur Casserole

Merlot Braised Pot Roast |GF

Honey Glazed Carrots |GF

Broccoli |GF

Bacon |GF & Sausage |GF

Assorted Desserts

TUESDAY, MARCH 11th

Hearty Beef Steak Soup |GF \$2.95

Cream of Mushroom |GF \$2.95

House Salad |GF \$4.00

🍅 Lemon Pepper Haddock |GF \$10.00

Spaghetti & Meatballs \$10.00

Grilled Chicken w/ Citrus Salsa |GF \$10.00

Oven Roasted Potatoes |GF \$1.95

Wax Beans |GF \$1.95

Asparagus |GF \$1.95

Strawberry Cake \$2.50

Peach Crisp \$2.50

FRIDAY, MARCH 14th

Action Station: Vietnamese Pho Bowl

Beef Barley Soup \$2.95

Seafood Chowder |GF \$2.95

Broccoli Salad |GF \$4.00

Bavarian Pork Roast |GF \$10.00

🍅 New Brunswick Cod |GF \$10.00

White Chicken Chili |GF \$10.00

Fried Potato Pancakes \$1.95

Steamed Corn |GF \$1.95

Peas & Onions |GF \$1.95

Strawberry Rhubarb Pie \$2.50

Cheesecake w/ Fruit Topping \$2.50

Sunday Burgers and More

Wyomissing Club Room 4:30pm to 6:30pm

Reservations Required

Sweet Potato Salad \$1.95

Build Your Own Smash Burger \$7.95

Featured Smash Burger:

Black and Bleu \$7.95

1/4 lb Hot Dogs \$6.95

Grilled Chicken Breast \$6.95

Marinated and grilled to perfection.

French Fries, Onion Rings or

Bistro Chips \$1.95

Ice Cream \$2.50

Always Available items not offered.

Sunday Burgers and More

Wyomissing Club Room 4:30pm to 6:30pm

Reservations Required

Sweet Potato Salad \$1.95

Build Your Own Smash Burger \$7.95

Featured Smash Burger:

The "Big H" \$7.95

1/4 lb Hot Dogs \$6.95

Grilled Chicken Breast \$6.95

Marinated and grilled to perfection.

French Fries, Onion Rings or

Bistro Chips \$1.95

Ice Cream \$2.50

Always Available items not offered

WEDNESDAY, MARCH 12th

Chicken Tortilla Soup \$2.95

Hearty Beef Steak Soup |GF \$2.95

Spinach, Red Onion, Feta Salad |GF \$4.00

Beef Stir Fry, Jasmine Rice |GF \$10.00

🍅 Teriyaki Chicken |GF \$10.00

Italian Hoagie \$10.00

Vegetable Lo Mein \$1.95

Stir Fry Vegetables |GF \$1.95

Cauliflower |GF \$1.95

Oatmeal Raisin Cookie \$2.50

Chocolate Cream Pie \$2.50

SATURDAY, MARCH 15th

Wyomissing Club, 4:30-6:30pm

Seafood Night | Reservations Required

Manhattan Clam Chowder |GF \$2.95

Watermelon Feta Salad |GF \$4.00

🍅 Catch Du Jour |GF \$13.00

Shrimp Boil w/ Sausage, Corn |GF \$13.00

Chilean Sea Bass Cake, Remoulade \$13.00

Lemon Rosemary Roasted Potatoes |GF \$1.95

Asparagus |GF \$1.95

Garlic Roasted Cauliflower |GF \$1.95

Mixed Berry Tart \$2.50

Always Available

Applesauce GF, House Salad GF,

Fresh Fruit GF

Chicken Apple Walnut Salad GF

Pan Seared 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

Vegetable of the Week: Spring Blend