

# Bistro Breakfast and Lunch Specials

**MONDAY, JANUARY 20<sup>th</sup>**

**Special:** Bacon, Egg and Cheese on Grilled Sticky Bun

**TUESDAY, JANUARY 21<sup>st</sup>**

**Special:** Tuna Melt

**WEDNESDAY, JANUARY 22<sup>nd</sup>**

**Special:** Pizza Day!

**THURSDAY, JANUARY 23<sup>rd</sup>**

**Special:** Chicken Fried Steak with Southern Gravy

**FRIDAY, JANUARY 24<sup>th</sup>**

**Special:** Prosciutto Eggs Benedict on Grilled Sourdough

## Announcements

### Feature Ice Cream Flavor

Blueberry Cheesecake    Brown Butter Bourbon Truffle  
Ask your server for the current selection of Lactose Free Ice Cream.

### Vegetable of the Week

Bistro and Club Room Vegetable of the Week: Carrots

### Birthday Dinner

The Birthday Celebration is being held in the Terrace Room at 5pm on Monday, January 20<sup>th</sup>, 2025.  
Event is invitation only.

### Terrace Room Menu:

JANUARY 21<sup>th</sup> – 25<sup>th</sup>

#### Starters

Soup of the Day \$2.95 (Bistro Menu), Chopped Salad \$4.00,  
Citrus Crunch Grain Salad \$4.00,  
Caramelized Onion Crab Dip with Crostini \$6.00,  
Cheesesteak Egg Rolls with Horseradish Chive Sauce \$6.00

#### Entrees

**Sauteed Liver |GF \$15.90**

Tender Calves Liver sauteed and topped with Bacon, Caramelized Onion, and a savory Apple Butter Gravy.  
Served with Roasted Broccoli Spears,  
Garlic Yukon Roasted Potatoes.

**Tagliatelle Bolognese \$15.90**

Traditional Italian red sauce featuring ground pork and beef with Tagliatelle Pasta.  
Served with Garlic Bread, Roasted Broccoli Spears.

**Cajun Shrimp |GF \$15.90**

Pan Seared Cajun Marinated Shrimp over Mashed Cauliflower.  
Served with Braised Collard Greens, Fresh Pico de Gallo.

#### Accompaniments

**Roasted Broccoli Spears |GF \$1.95**

**Braised Collard Greens |GF \$1.95**

**Cauliflower Mashed |GF \$1.95**

**Garlic Yukon Roasted Potatoes |GF \$1.95**

#### Additional entrees

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

#### Dessert

New Year's Chocolate Almond Pound Cake \$2.50  
Raspberry Italian Lemon Cheesecake \$2.50

### International Cuisine

Join us at noon in the Wyomissing Club Room on Wednesday, January 22<sup>nd</sup>, for a South American themed meal.

#### MENU

**Appetizer:** Peruvian Ceviche

**Entrees:** Argentinian Beef Asado with Chimichurri  
Venezuelan Arepas (Pork)

**Accompaniments:** Platanos Fritos  
Solterito (Peruvian Corn and Lima Bean Salad)

Limited Seating | Sign Ups open on Cubigo January 8<sup>th</sup>  
One Meal Credit | \$20 Declining Balance

### Server Station

For the safety of all residents, entry into the server station is for Dining Service Employees equipped with slip resistant footwear. To better serve the Highlands Community, Dining Services will be utilizing an automatic bell signal to bring attention to new residents entering the dining room during breakfast and lunch Bistro Service.

### 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  
Chicken Cordon Bleu Bites with Honey Mustard \$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

Cherry Cobbler \$2.50  
Dessert of the Day (Bistro Dinner) \$2.50

# Bistro Dinner, Club Homestyle & Take Out Menu

## MONDAY, JANUARY 20<sup>th</sup>

Chicken Rice Soup |GF \$2.95  
Cream of Broccoli |GF \$2.95  
Beet Feta Salad |GF \$4.00  
 Chicken Chardonnay |GF \$10.00  
Meatloaf with Gravy \$10.00  
Shrimp & Mushroom Risotto \$10.00  
Red Skinned Smashed Potato |GF \$1.95  
Caramelized Cauliflower |GF \$1.95  
Garlic Escarole |GF \$1.95  
Lemon Meringue Pie \$2.50  
Pumpkin Bread Pudding \$2.50

## THURSDAY, JANUARY 23<sup>rd</sup>

Beef Vegetable Soup |GF \$2.95  
Potato Cheddar Soup |GF \$2.95  
Coleslaw |GF \$2.95  
Fish and Chips \$10.00  
BBQ Ribs |GF \$10.00  
 Turkey Sloppy Joe \$10.00  
Macaroni and Cheese \$1.95  
Collards Greens |GF \$1.95  
Stewed Tomatoes |GF \$1.95  
Chocolate Cake w/ Peanut Butter Icing \$2.50  
Blueberry Crisps \$2.50

## SUNDAY, JANUARY 26<sup>th</sup>

**Buffet Service 11:30am – 2:30pm  
\$20.00**

Fresh Fruit  
Muffins, Sticky Buns, Blueberry Scones  
Harvest Salad |GF  
Carved Herbed Prime Rib Station  
 Tuscan Chicken |GF  
Brioche French Toast w/ Pecan Syrup  
Quiche Lorraine  
Twice Baked Potatoes |GF  
Roasted Carrots |GF  
Sausage & Bacon  
Strawberry Mango Pie  
Coconut Cake

### NEW HOURS - To-Go & Room Service

*You can order from the Bistro, Club or Terrace Room Menus*

To-Go Orders are available between the following hours:

**Monday -Saturday:**

**Lunch:** 11:30am – 2:30pm

**Dinner:** 4:15pm, 4:30pm, 4:45pm, 5:00pm, 5:15pm, 5:30pm

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

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


Please call 484-220-8316 or email [diningorders@thehighlands.org](mailto:diningorders@thehighlands.org).

Please place To Go order before 3pm 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**

## TUESDAY, JANUARY 21<sup>st</sup>

Butternut Squash Soup |GF \$2.95  
Chicken Rice Soup |GF \$2.95  
Ambrosia Salad |GF \$4.00  
Maple Glazed Pork Chop |GF \$10.00  
Chicken Croquettes \$10.00  
 Herb Crusted Cod \$10.00  
Orzo Pilaf |GF \$1.95  
Green & Gold Beans |GF \$1.95  
Parmesan Tomatoes |GF \$1.95  
Pineapple Upside Down Cake \$2.50  
Chocolate Chip Cookie \$2.50

## FRIDAY, JANUARY 24<sup>th</sup>

### Action Station – Fried Rice

Chicken Rivel |GF \$2.95  
Beef Vegetable Soup |GF \$2.95  
Kale Salad w/ Apples/Almonds |GF \$4.00  
 Salmon Cakes with Dill Sauce \$10.00  
Beef Stew w/ Biscuit \$10.00  
Italian Sausage w/ Penne Pasta \$10.00  
Parsley New Potatoes |GF \$1.95  
Peas & Onions |GF \$1.95  
Spaghetti Squash |GF \$1.95  
Boston Cream Pie \$2.50  
Shoo Fly Pie \$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:**

**“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, JANUARY 22<sup>nd</sup>

Potato Cheddar Soup \$2.95  
Butternut Squash Soup |GF \$2.95  
Creamy Cucumber Salad |GF \$4.00  
 Chicken Marsala |GF \$10.00  
Pepper Steak with Lo Mein \$10.00  
Alfredo Cheese Ravioli \$10.00  
Wild Rice Pilaf |GF \$1.95  
Seasoned Peas |GF \$1.95  
Italian Green Beans |GF \$1.95  
Black Forest Cake \$4.00  
Coconut Cream Pie \$4.00

## SATURDAY, JANUARY 25<sup>th</sup>

### Italian Night

**Wyomissing Club Room 4:30 – 6:30pm**

Fried Ravioli w/ Marinara \$4.00

Caprese Salad |GF \$3.00

 Tilapia Pesto |GF \$10.00

Chicken Penne ala Vodka \$10.00

Pork Milanese

with Blistered Tomato \$10.00

Garlic & Parm Roasted

Potatoes |GF \$1.95

Sauteed Eggplant |GF \$1.95

Zucchini |GF \$1.95

Tiramisu \$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

### Bistro Hours

**No reservations are 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 Hours

Dinner: Monday - Sunday 4:30 – 6:30 p.m.

Late Night Thursday – Saturday 7:00 p.m. -9:00 p.m.

Sunday Brunch: 11:30 a.m. – 2:30 p.m.,

### Terrace Room Hours

Dinner: Tuesday - Saturday 5:00 p.m. – 8:00 p.m.

Sunday Brunch -11:30 a.m. – 2:30 p.m.

Closed Mondays.