

Dinner Entrées

Tasty Trinity Meatloaf

①

Delicious home-made meatloaf covered with a sauce.

5oz Filet Mignon ①

Our Steaks are cut fresh daily.

Chef's Spaghetti with Meatballs ③

Our own home-made spaghetti with meatballs and sauce.

Baked N.E. Cod Fish

①

Cod Filet Crumb Topped with hint of Sherry. Baked in Casserole.

Fried Boneless Chicken

①

Batter coated chicken, deep fried to a golden brown. Grilled on request.

Roast Turkey Dinner ①

Tender turkey, roasted to perfection and sliced served with Dressing.

Grilled Pork Chop ①

Tender, Grilled boneless Pork Chop..

Chicken Strip Platter ①

Two chicken strips fried to a golden brown, with your choice of dipping sauce*.

*No Sauce Served for Diabetics or Low Sodium Diets

Chicken Francaise ①

Chicken breast Egg battered Sautéed with lemon, butter garlic.

Each dinner entrée is served with two side orders from the following list:

 Mashed Potatoes ①

 Macaroni & Cheese ①

Fresh Broccoli ①

 French Fries ①

Vegetable of the Day ①

Dinner Salad ①

Cole Slaw

 Dinner Roll ①

 Sweet Potato Fries ①

Fresh Vegetable Medley

 Cottage Cheese ①

House Made Potato Chips

①

①

Sandwiches



Grilled Cheese Sandwich ②

Cheese grilled in-between two slices of bread. How can you go wrong?


Egg Salad Sandwich ②

Diced eggs and salad dressing, lightly seasoned, on white or wheat bread.



BLT ②

The old traditional, bacon, lettuce and tomato on white or wheat bread, lightly covered with salad dressing.



Chicken Bacon Ranch Wrap ②

Grilled chicken with bacon, cheese, lettuce, tomato & ranch rolled into a wrap.



¼ lb. Hot Dog ②

An American classic, served on a bun.

Tenderloin Philly Cheesesteak ②

Grilled Tenderloin tips with mushrooms and onions topped with cheese on Hoagie roll..

Build Your Own Burger ②

Cheese Varieties



American
Swiss
Cheddar

Toppings

Onions- Raw or Sautéed
Mushrooms



Bacon
Lettuce
Tomato
 Pickles

Sauces




BBQ
Bleu Cheese

Build Your Own Sandwich


Bread Choices


White ②
Wheat ②
Marble Rye ②

Meat


House Roasted Turkey
 Farmers Ham
Medium Roast Beef
Tuna salad or Egg Salad

Cheese



American
Swiss or Cheddar


Toppings



Lettuce
Tomato
Bacon
Onions-Raw

Sandwiches are served with your choice of soup or one side item.

Sauces

Mayonnaise
Bistro Sauce
Mustard

Soups & Salads



Chef Salad ①

Lettuce topped with cheddar cheese, julienned turkey and ham, tomatoes and sliced eggs.

Caesar Chicken Salad

Crisp Romaine topped with grilled chicken and Caesar dressing, Croutons.

Trinity Chicken Salad ②

A scoop of Trinity Chicken and Apple Salad, on a bed of Fresh Greens with Tomatoes.



House Chicken Noodle Soup ①

Waldorf Salad

Apples, celery and Grapes along with walnuts makes for a great salad..



Soup Du Jour ①

We currently offer the following dressings for our salads:

French Ranch Caesar Bleu Cheese Lite Italian Raspberry Vinaigrette

Just Desserts & Fruits

Cup of Pudding ②

Banana ②

Ice Cream ②

Gelatin ①

Fresh Fruit ①

Yogurt ①

Dessert Of The Day ①

Applesauce ①

The salt shakers denote items that are higher in sodium. If you have a restriction on sodium, these are choices you should avoid when able.



Diabetic Diets

-Choose lean meats and low-fat dairy products.
-Choose 3-4 Carbohydrates each meal.
Example:

Carbs	
0 Carbs	Protein/Lean Meat-No bread or skin
0 Carbs	Vegetable (peas or corn 1 carb)
2 Carbs	2 Starches (ex. Dinner roll & potato)
1 Carb	Fruit Item
1 Carb	Large Milk

Beverages

*Orange Juice*②

*1% Milk*①

*Hot Chocolate*①

Cola, Ginger Ale and Root

Beer and lemon lime Diet

also available.

*Apple Juice*②

*Chocolate Milk*②

 *Tomato Juice*①

*Lactose Free Milk*①

*Cranberry Juice*②

*Prune Juice*③

*Hot Tea*①

Iced sweet or regular

*Tea*①

Beverages above are counted as "Large" for carbohydrate counting. Coffee and water are available at each meal in the dining room. Ask an attendant for assistance with coffee!

Breakfast Selections

 *Trinity Breakfast*

②

Two eggs, prepared as you like them, Home Fries, toast and your choice of bacon or sausage, Ham.

 *French Toast*②

Two slices of golden French toast, your choice of bacon or sausage, Ham.

 *Pancakes*②

Two pancakes, served your choice of bacon or sausage, Ham.

****Omit bacon/sausage or Ham for Low Sodium.**

SPECIAL BREAKFAST DAILY

Available Upon Request:

*Cream of Wheat*①

*Corn Flakes*①

*Cheerios*①

Toast

*Oatmeal*①

*Raisin Bran*①

*English Muffin*②

*Waffle*②

*Rice Krispies*①

Assorted Cereals