



Arbor Menu

Week of January 13th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda
Choice of Three Starters and Featured Dessert or Ice Cream

Featured Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted *

- Traditional Dinner Roll *
- Side Iceberg Lettuce Salad
- Soup: Smoked Chicken Sweet Potato Corn Chowder *

Always Available

- Fresh Banana, Grapes, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

Desserts

Monday: Banana Cream Pie

Tuesday: Key Lime Squares

Wednesday: Tres Leches Cake

Thursday: Snowball Cake

Friday: Coconut Cream Pie

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added

 Dairy Free




 500mg Sodium or Below

 Gluten Free

Daily Entrée Selections

Monday, January 13th:


Soup of the Day: Cabbage



Option 1: Whitefish with Tomato Basil White Bean Compote, Roasted New Potatoes, and Asparagus   

Option 2: Grilled Ginger Garlic Chicken Thighs with Sticky Rice and Sesame Bok Choy   

Tuesday, January 14th:




Soup of the Day: Hamburger Vegetable 

Option 1: Greek Grilled Shrimp Skewer with Olive & Feta Orzo Pasta and Roasted Kabob Vegetables (Peppers, Onions, Tomatoes, and Mushrooms) 

Option 2: Grilled Pork Tenderloin with Balsamic Glaze, Parsnips Mashed Potatoes, and Harvard Beets  

Wednesday, January 15th:

Soup of the Day: Chicken Gumbo

Option 1: Baked Haddock with Tartar Sauce, Redskin Potatoes, and Roasted Cauliflower (Available   

Option 2: Chicken Pasta with a Garlic Mushroom Cream Sauce served with Roasted Italian Vegetables

Thursday, January 16th:

Soup of the Day: Cheesy Broccoli 

Option 1: Broiled Orange Roughy with Rice Pilaf and Roasted Carrots  

Option 2: Spaghetti and Homemade Meatballs with Basil Marinara Sauce, Fresh Parmesan Cheese, and Garlic French Beans

Friday, January 17th:

Soup of the Day: Chicken Noodle 

Option 1: Grilled Maple Glazed Atlantic Salmon with a Idaho Baked Potato with Sour Cream on the side and Roasted Eggplant Medley   

Option 2: Braised Beef Sirloin Tips with Wild Mushroom Cream Sauce, White Cheddar Mashed Potatoes, and Mixed Zucchini and Squash

Additional Entrée Selections

Options 3 - 5 listed on back of Menu

Arbor Menu

(Page 2) Winter Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm *Please be seated by 5:45pm*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- **Traditional Dinner Roll ***
- **Side Iceberg Lettuce Salad**
- **Soup: Smoked Chicken Sweet Potato Corn Chowder ***

Always Available

- **Fresh Banana, Grapes, or Apple**
- **Mandarin Oranges or Peaches**
- **Fruit Cocktail**
- **Cottage Cheese**
- **Low Fat Yogurt**
- **Un Sweetened Apple Sauce**
- **Canned Reduced Sodium Soups**

Desserts

Saturday: Sugar Cookies

Sunday: Fried Churros with Chocolate Sauce

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Alert staff to any allergies or dietary needs. In order to better serve you, Please keep substitutions to a minimum.

Saturday, January 18th

Soup of the Day: Corn Chowder



Option 1: Turkey Tetrazzini with Mushrooms, Peas, Spaghetti Noodles, and Creamy Cheese Sauce

Option 2: Shredded Chicken Tacos with Corn Tortillas, Fresh Lettuce, Cheddar Cheese, Tomato Salsa, Sour Cream, and Beans & Rice



Sunday, January 19th


Soup of the Day: Lemon Lentil

Option 1: Fried Popcorn Shrimp Po Boy on a Hoagie Bun with Shredded Lettuce, Diced Tomato, New Orleans Tartar Sauce, and French Fries

Option 2: Stuffed Peppers with Seasoned Ground Beef and Rice topped with Tomato Sauce served with Fresh Vegetable Medley  

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Potatoes, and Buffalo Mozzarella Cheese (Served with or Without Chicken)  

Option 4: Iceberg Salad with Grilled Chicken, Chopped Bacon, Fresh Tomatoes, and Gorgonzola Cheese topped with Fried Onions served with Homemade Bleu Cheese Dressing ( w/o Onions)

Option 5: Grilled Turkey Burger with Lettuce, Tomato, and Cranberry Mayo on a Fresh Baked Pretzel Bun with French Fries and Creamy Slaw ( w/o Bun)

Sandwiches:

Served on Wheat Bread with Potato Chips

Grilled Cheese Sandwich

Peanut Butter & Jelly Sandwich

The Grill:

Grilled Chicken Breast or Chicken Tenders with Ranch Dressing served with Fresh Vegetables
Hot Dog with Ketchup & Mustard served with Potato Chips