



# Arbor Menu

Week of January 26th

*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 \***

- Fresh Baked French Rolls \*
- Side Caesar Salad
- Cranberry Broccoli Salad
- Weekly Soup: Carrot Curry Bisque

## Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

## Desserts

**Sundae Monday: S'mores**

**Tuesday: Raspberry Peach Crumble**

**Pie ala Mode**

**Wednesday: Glorified Rice**

**Thursday: Blueberry Crisp**

**Friday: Vanilla Pudding Éclair Cake**

## Ice Cream GF

RF NSA Vanilla

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less  
& Low Sat Fat

 Gluten Free

 Dairy Free

## Dinner Entrée Selections

**Monday, January 26th:**

**Soup of the Day: Pasta Fagioli**

**Option 1:** Baked Atlantic Cod with a Lemon, Garlic Bread Crumbs, New England Chowder Sauce, Mashed Potatoes, and Roasted Carrots (available   

**Option 2:** Sauteed Beef and Broccoli Stir Fry with Ginger Garlic Sauce, Mixed Vegetables, and Steamed Brown Rice (available   

**Tuesday, January 27th:**

**Soup of the Day: Turkey Gumbo**

**Option 1:** Fried Breaded Lake Perch with Fingerling Potatoes, Tartar Sauce, and Roasted Mixed Squash (available )

**Option 2:** Honey Pecan Turkey Breast with Sweet Potato Mashed Potatoes and Grilled Asparagus  

**Wednesday, January 28th:**

**Soup of the Day: Lasagna**

**Option 1:** Broiled Atlantic Salmon Cakes with Tarragon Aioli, Wild Rice Pilaf, and Sauteed Spinach  

**Option 2:** Baked Shepherds Pie with Seasoned Ground Beef, Carrots, Peas, and Onions topped with Buttered Mashed Potatoes 

**Thursday, January 29th:**

**Soup of the Day: Chicken Stew**

**Option 1:** Jambalaya Pasta with Grilled Chicken, Gulf Shrimp, Andouille Sausage, Mixed Peppers, and Red Bell Pepper Cream Sauce (available 

**Option 2:** Roasted Marinated Pork Loin with Fig Balsamic Glaze,  Mashed Potatoes, and Butternut Squash  

**Friday, January 30th:**

**Soup of the Day: Pasta Bean**

**Option 1:** Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg, Carrots, & Peas served with Asian Cabbage 

**Option 2:** Baked Cranberry & Brie Stuffed Chicken Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and Roasted Carrots

## Additional Entrée Selections

Options 3 – 6 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 \**

- Fresh Baked French Rolls \*
- Side Caesar Salad
- Cranberry Broccoli Salad
- Weekly Soup: Carrot Curry Bisque

## Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

## Desserts

Saturday: Banana Cake with Buttercream Frosting

Sunday: Heath Butterscotch Pudding

## Ice Cream

RF NSA Vanilla

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

## Saturday, January 31st

**Soup of the Day: Cheesy Broccoli** GF

**Option 1:** Deluxe Mac & Cheese with Four Cheeses, Diced Ham, and Lemon Bread Crumb Topping

**Option 2:** Roast Marinated Airline Chicken Breast with Cider Maple Gravy, GF Cranberry Stuffing, and Roasted Vegetables D

## Sunday, February 1st

**Soup of the Day: Vegetable** GF

**Option 1:** Fried Cod Fish & Chips with Home Made Tartar Sauce, Lemon, and Creamy Cole Slaw D

**Option 2:** Beef & Cheese Nachos with Tortilla Corn Chips, D Queso Cheese, Olives, Shredded Lettuce, and Diced Tomatoes served with Salsa and Sour Cream GF

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Vegetables and D Mozzarella Cheese (available with or without Grilled Chicken) GF

**Option 4:** Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Tomatoes, D Parmesan Cheese, Garlic Croutons, and Caesar Dressing

**Option 5:** Traditional Spaghetti with Meat Sauce, D Fresh Grated Parmesan Cheese, and Garlic Green Beans (available GF)

**Option 6:** Seamed Prince Edward Island Mussels with White Wine, Garlic, Tomato, and Onion GF served with Crusty French Bread D

*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.*

## 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