



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

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   )

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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  

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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 

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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  

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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  Vegetables  

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 



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

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

Sunday, February 1st


Soup of the Day: Vegetable  



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




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

Additional Entrée Selections

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

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

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

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

*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