

# Arbor Menu

Week of January 5th

*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 Garlic Bread \*
- Garden Salad
- Featured Starter: Warm Spinach Dip
- Weekly Soup: Turkey Noodle \*  

## Always Available

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

## Desserts

**Sundae Monday: Hot Fudge**

**Tuesday: Orange Blossom Mousse**

**Wednesday: Gingerbread Cake**

**Thursday: Pineapple Granny Cake**

**Friday: Blueberry Pie**

## Ice Cream

RF NSA Chocolate

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

## Daily Entrée Selections

**Monday, January 5th:**

**Soup of the Day: Cheesy Potato**

**Option 1:** Broiled Orange Roughy Piccata  with Lemon Caper Butter, Roasted Potatoes, and Steamed Vegetable Medley  

**Option 2:** House Smoked Chicken with Wild Mushroom Ravioli, Asparagus, Sundried Tomatoes, and Roasted Garlic Cream Sauce

**Tuesday, January 6th:**

**Soup of the Day: Hamburger Vegetable**  

**Option 1:** Louisiana Shrimp Creole with Diced Tomatoes, Onion, Celery, and Bell Pepper served over White Cheddar Grits 

**Option 2:** Baked Penne Pasta with Meat Sauce, Mozzarella & Parmesan Cheeses, Steamed Green Beans, and Garlic Bread

**Wednesday, January 7th:**

**Soup of the Day: Creamy Chicken Tarragon & Rice**

**Option 1:** Braised German Sausage with Sauerkraut, Buttered Spätzle, and Spiced Apples 

**Option 2:** Braised Chicken Coq au Vin with Red Wine, Tomato, Mushrooms, and Bacon  served over Mashed Potatoes with Garlic Green Beans  

**Thursday, January 8th:**

**Soup of the Day: Chicken Velvet**

**Option 1:** Seared Atlantic Salmon with Fresh Pomegranate Relish,  Dried Fruit Cous Cous, and Roasted Squash Medley  

**Option 2:** Smothered Hamburger Steak with Onion Gravy, Mashed Potatoes, and Roasted Carrots 

**Friday, January 9th:**

**Soup of the Day: Vegetable Beef Barley**

**Option 1:** Gulf Shrimp Linguine with Mushrooms, Baby Spinach, Basil Marinara Sauce, and  Parmesan Cheese (available  

**Option 2:** House Smoked Pulled BBQ Pork with Slow Cooked Baked Beans, Cole Slaw, and  Buttered Corn 

## 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 Garlic Bread \*
- Garden Salad
- Featured Starter: Warm Spinach Dip
- Weekly Soup: Turkey Noodle \*  

## Always Available

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

## Desserts

**Saturday: Tiramisu**

**Sunday: Apple Fritter Bread Pudding**

## Ice Cream

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

*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.*

## 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