





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

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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






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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  

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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 

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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

Saturday, January 10th



Soup of the Day: Corn Chowder 

Option 1: Baked Waffles topped with Fresh Berries and served with Warm Maple Syrup,  Butter, and Bacon (available )

Option 2: Cashew Chicken with Sweet & Sour Sauce, Steamed Bok Choy, Carrots, Peppers, and Onions over Rice   




Sunday, January 11th



Soup of the Day: Vegetable Lentil 


Option 1: Honey Pecan Chicken Salad served over Fresh Greens with a Fruit & Cottage Cheese Bowl and a Warm Muffin  




Option 2: Slow Cooked Swedish Meatballs with Creamy Beef Gravy served over Egg Noodles with Roasted Carrots

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Market Vegetables, Portobella Mushrooms,  and Mozzarella Cheese (served with or without Grilled Chicken)  

Option 4: Fresh Garden Salad with Grilled Chicken, Mixed Greens, Shredded Carrots, Cucumbers, Tomatoes,  and Garlic Croutons  served with Home Made Ranch Dressing

Option 5: Baked Thin Crusted Sausage Pizza with Caramelized Onions, Fontina & Mozzarella Cheeses, and Crumbled Italian Fennel Sausage (available )

Option 6: Grilled Atlantic Swordfish with Fresh Basil Pesto, Roasted Peppers, Toasted Pinenuts, and Steamed Vegetable Medley   

*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