



# Arbor Menu


Week of January 6th

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 Roll \*
- Side Mandarin Orange Salad 
- Weekly Soup: Pinconning Cheese

## Always Available

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

## Desserts

Monday: Assorted Pies

Tuesday: Chocolate Cherry Coke Cake

Wednesday: Bee Sting Cake with Vanilla Cream & Honey Almond Topping

Thursday: Brownie Sundae

Friday: Bread Pudding & Vanilla Sauce

## Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Deep Dish Apple Pie

RF Reduced Fat

NSA No Sugar Added

 Dairy Free

 500mg Sodium or Below

 Gluten Free

## Dinner Entrée Selections

Monday, January 6th:

**Soup of the Day: Healthy Mushroom**  

**Option 1:** Pasta with Shrimp, Chicken, Sausage, Peppers, Onions, Spinach, and Creole Butter Sauce




**Option 2:** Grilled Chicken Breast with Pear Chutney, Wild Rice Pilaf, and Maple Glazed Roasted

Carrots   

Tuesday, January 7th:

**Soup of the Day: BLT**




**Option 1:** Panfried Walleye with Lemon and Tartar Sauce served with Redskin Potatoes and Mixed

Zucchini & Squash (Available   

**Option 2:** Pasta with Bacon, Parmesan Cheese, Cream, and Sweet Peas

Wednesday, January 8th:


**Soup of the Day: Corn & Crab Chowder**

**Option 1:** Poached Salmon served with a Baked Potato, Chive Sour Cream on the side, and Steamed Asparagus   

**Option 2:** Roast Turkey Breast  with Brown Gravy, Sweet Potato Parsnip Hash, and Crispy Brussel Sprouts 

Thursday, January 9th:

**Soup of the Day: Vegetable Beef** 

**Option 1:** Grilled Lake Trout with Apple Onion Relish, Potatoes & Steamed Asparagus Medley   

**Option 2:** Baked Champagne Chicken Thighs with Wild Mushroom Pan Gravy, Smashed Potatoes, and Steamed Broccoli

Friday, January 10th:

**Soup of the Day: Chicken Tortilla** (Available 

**Option 1:** Shrimp Stir Fry with Mixed Steamed Vegetables, Brown Rice, and Teriyaki Sauce

**Option 2:** Grilled Sirloin Steak  with Garlic Butter, Rosemary Fries, and Roasted Beets

## 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 \**

- **Fresh Baked French Roll \***
- **Side Mandarin Orange Salad** 🍷
- **Weekly Soup: Pinconning Cheese**

## Always Available 🍷

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

## Desserts

**Saturday: Rice Krispie Treats with Nutella**

**Sunday: Frosted Chocolate Cake**

## Ice Cream 🍷

RF NSA Vanilla or Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Deep Dish Apple Pie

*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.*

## Saturday, January 11th

**Soup of the Day: Cheeseburger**

**Option 1:** Fried Coconut Breaded Shrimp with Steamed Broccoli, White Rice, and Orange Marmalade Sauce 🍷

**Option 2:** Beef Pot Roast with Mashed Potatoes and Roasted Root Vegetables 🍷

## Sunday, January 12th

**Soup of the Day: Winter White Bean** 🍷

**Option 1:** Home Made Tuna Salad on a Fresh Baked Croissant with Lettuce & Tomato served with Broccoli Salad and Fresh Fruit

**Option 2:** Sweet & Sour Chicken with a Vegetable Spring Roll, Steamed Rice, and Ginger Garlic Green Beans 🍷

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushroom, and 🍷Mozzarella Cheese (Available with or without Grilled Chicken) 🍷 🍷

**Option 4:** Grilled Chicken Salad with Fresh Romaine Lettuce, Mandarin Oranges, Toasted Walnuts, Dried Cranberries, 🍷 and Shaved Parmesan Cheese served with Poppyseed Dressing 🍷 🍷

**Option 5:** Baked Meat lovers Pizza with Italian Sausage, Pepperoni, Bacon, and Mozzarella Cheese served with Italian Antipasto Salad (Available 🍷)

### 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