

Arbor Menu

Week of October 13th

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
- Fresh Fruit: Fall Pears 🚫
- · Weekly Soup: White Chicken Chili

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

Monday: Bing Cherry Cobbler

Tuesday: Pecan Pie

Wednesday: Sweet Potato Cake with

Molasses Buttercream

Thursday: Coffee Cheesecake Squares

with Chocolate Ganash

Friday: Apple Crumb Pie

Ice Cream @

RF NSA Chocolate or Vanilla

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

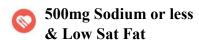
Rainbow Sherbet

Mint Chocolate Chip

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added



Gluten Free

D Dairy Free

Dinner Entrée Selections

Monday, October 13th:

Soup of the Day: Chicken Noodle 🛇 🍑

Option 1: Southern Style Shrimp and Creamy Parmesan

Grits with Steamed Asparagus GF

Option 2: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg,

Carrots, & Peas served with Asian Cabbage Slaw (D)

Tuesday, October 14th:

Soup of the Day: Turkey, Wild Rice, & Kale 🚫

Option 1: Pan Seared Orange Roughy with Corn Sauce,

Roasted Potatoes, and Honey Carrots O G

Option 2: Sauteed Beef and Broccoli Stir Fry with

Ginger Garlic Sauce, Mixed Vegetables, and Steamed

Brown Rice O 🙃 🗩

Wednesday, October 15th:

Soup of the Day: Parmesan Tomato

Option 1: Grilled Teriyaki Salmon with Tomato

Hong Kong Salsa, Basmati Rice, and Sesame Snow

Peas ((D)

Option 2: Baked Cranberry & Brie Stuffed Chicken

Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and

Roasted Carrot Medley

Thursday, October 16th:

Soup of the Day: Cheesy Potato

Option 1: Sauteed Whitefish Piccata with Lemon Caper

Mushroom Butter, Roasted Potatoes, and Steamed

Broccoli @

Option 2: Smoked Pork Tenderloin with Michigan

Cherry Chutney, (D) Mashed Potatoes, and Mixed

Delicata Squash 🚫 🙃

Friday, October 17th:

Soup of the Day: Chicken & Rice 🚫 🚭

Option 1: Fish Tacos with Flour Tortillas, Fresh Red

Cabbage Slaw, and Lime Crema served with Seasoned

French Fries (available **6**) 🚫

Option 2: Baked Shepherds Pie with Seasoned Ground Beef, Carrots, Peas, and Onion topped with Mashed

Potatoes served with Roasted Vegetable Medley @

Additional Entrée Selections

Options 3 – 6 listed on back of Menu

Arbor Menu

(Page 2) Fall Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm *Please be seated by 5:45pm*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm



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- Fresh Fruit: Fall Pears 🔕
- · Weekly Soup: White Chicken Chili 🔕



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

Saturday: Chocolate Dipped Sugar

Cookie

Sunday: Root Beer Float

Ice Cream @

Vanilla Bean

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Saturday, October 18th

Soup of the Day: Butter Bean @

Option 1: Grilled Honey BBQ Chicken Thighs with White Cheddar Macaroni & Cheese and Green Beans

Option 2: Steamed Pork Dumplings with Soy Dipping Sauce, Jasmine Rice, and Mixed Asian Vegetables © ©

Sunday, October 19th

Soup of the Day: Butternut Squash

Option 1: Oven Baked Croissant with Honey Pecan Chicken Salad, Broccoli Salad, and Fresh Fruit Garnish

Option 2: Stuffed Baked Potato with Taco Seasoned Ground Beef, Tomato Salsa, © Cheddar Cheese, Sour Cream, and Refried Beans

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Lentil Salad, ① and Mozzarella Cheese (available with or without Grilled Chicken) ③ **G**

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

Option 5: Fried Louisiana Catfish Po Boy Sandwich topped with Shredded Lettuce & Tomato tossed in Remoulade Sauce served with Seasoned French Fries (available **G**)

Option 6: Chicken, Shrimp, and Sausage Gumbo with Celery, Onion, Okra, and Bell Peppers served over White Rice with Sweet Corn 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