



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

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 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 

Option 2: Pork & Vegetable Egg Rolls with Sweet &
Sour Dipping Sauce and Stir Fried Rice with Egg,
Carrots, & Peas served with Asian Cabbage Slaw 

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  

Option 2: Sauteed Beef and Broccoli Stir Fry with
Ginger Garlic Sauce, Mixed Vegetables, and Steamed
Brown Rice   

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   

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,  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  

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

Featured Starters

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- Side Caesar Salad
- Fresh Fruit: Fall Pears
- Weekly Soup: White Chicken Chili

Always Available

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- 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, and Mozzarella Cheese (available with or without Grilled Chicken)

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Local Tomatoes, Parmesan Cheese, Garlic 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)

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