

Arbor Menu

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 Assorted Rolls *
- · Side Silver Maples Salad
- · Featured Starter: Smoked Fish Pate
- · Weekly Soup: Five Bean Stew 🚫



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

Monday: Mixed Berry Shortcake

Tuesday: Raspberry Pie

Wednesday: Pumpkin Poke Cake

Thursday: Peanut Butter Cup Truffle

Friday: Strawberry Pretzel Salad

Ice Cream @

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

Dark Chocolate Raspberry

Road Runner Raspberry

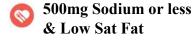
Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added





Dairy Free

Daily Entrée Selections

Monday, October 20th:

Soup of the Day: Hearty Vegetable & Wild Rice 🚫 📵

Option 1: Shrimp Scampi with Garlic Butter, White Wine Sauce, Wild Rice Pilaf, and Steam Asparagus 🔕 🔀

Option 2: Slow Cooked Mississippi Pot Roast () with Mashed Potatoes and Roasted Fall Vegetables

Tuesday, October 21st:

Soup of the Day: French Onion (w/o Croutons)

Option 1: Baked Haddock with Garlic & Herb

Breadcrumbs served over Mashed Potatoes with New

England Chowder Sauce served with Roasted

Carrots (available (3))

Option 2: Grilled Sirloin Steak Fingerling Potatoes and

Garlic French Beans ()

Wednesday, October 22nd:

Soup of the Day: Creamy Chicken Smoked Cheddar Option 1: Seared Atlantic Salmon with Roasted Tomato and Sweet Red Pepper Sauce served with Baked Potato and Steamed Asparagus 🔕 🙃 🕞

Option 2: Chicken Marsala with Fresh Mushrooms, Marsala Wine, Olive Oil, Garlic, and Shallots served over Pasta with steamed Broccoli 🔕 🙃 🕞

Thursday, October 23rd:

Soup of the Day: Cauliflower & Blue Cheese Option 1: Grilled Chicken served with Italian Pasta filled with Italian Sausage and Cheese served in a Plum Tomato Garlic Sauce with Mushrooms and Baby Spinach (S)

Option 2: Homemade Meatballs with Beef Stroganoff Sauce, Buttered Egg Noodles, Mushroom Gravy, and **Roasted Carrots**

Friday, October 24th:

Soup of the Day: Chicken Gnocchi

Option 1: Fried Perch dipped in Drakes Seasoning with Creamy Cole Slaw, French Fries, Lemon, and Tartar Sauce (available **G**)

Option 2: Baked Honey Glazed Spiral Ham (D) with Cheesy Potatoes and Steamed Broccoli Medley

<u>Additional Entrée Selections</u>

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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Always Available 🔕

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- · Low Fat Yogurt
- · Un Sweetened Apple Sauce

Desserts

Saturday: Warm Chocolate Chip

Cookies

Sunday: Butterscotch & Chocolate Pudding Parfait

Ice Cream

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

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.

Saturday, October 25th

Soup of the Day: Chili Corn Chowder 🔕 🙃

Option 1: Sloppy Joe Sandwich with Seasoned Tater Tots (P) and Creamy Cole Slaw (GP w/o Bun)

Option 2: Grilled Greek Chicken Breast (1) with Feta Cheese, Lemon Rice, Tomato Cucumber Salad, and Creamy Yogurt Sauce (1)

Sunday, October 26th

Soup of the Day: Vegetable Beef 🚫 🚭



Option 2: Baked Stuffed Peppers with Ground Beef, Rice, and Tomato Sauce served with Steamed Vegetable Medley (D)

Additional Entrée Selections

Option 3: Roasted Vegetable Plate with Market Vegetables, Portobella Mushrooms, French Beans, Baby Spinach, o and Fresh Mozzarella (served with or without Chicken) of

Option 4: Silver Maples Salad with Grilled Chicken, Dried Cranberries, Candied Nuts, and Crumbled Blue Cheese served with Raspberry Vinaigrette Dressing

Option 5: Baked Thin Crusted Grilled Chicken & Three Cheese Pizza with Basil and Chopped Tomatoes (available **GF**)

Option 6: Eggplant Parmesan with Mozzarella Cheese served over Pasta with Basil Marinara Sauce and Steamed Italian Green Beans

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

