



Arbor Menu

Week of October 20th

*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

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 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

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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 )

Option 2: Grilled Sirloin Steak Fingerling Potatoes and Garlic French Beans   

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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   

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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 

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

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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 )

Option 2: Baked Honey Glazed Spiral Ham  with Cheesy Potatoes and Steamed Broccoli 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

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

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 and Creamy Cole Slaw (w/o Bun)

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

Sunday, October 26th

Soup of the Day: Vegetable Beef

Option 1: Seared Lake Trout with Apple Onion Relish and Roasted Potatoes

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

Additional Entrée Selections

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

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)

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