



Arbor Menu

Week of October 27th

*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 Fall Salad 
 - Featured Starter: Pimento Beer Cheese
 - Weekly Soup: Shrimp & Asparagus Bisque

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: Caramel Apple Sundae
- Tuesday: Strawberry Rhubarb Pie
- Wednesday: Witches Brew
- Thursday: Spooky Halloween Marble Cake
- Friday: Carrot Cake Cream Cheese Frosting

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
- Mint Chocolate Chip

- RF Reduced Fat
- NSA No Sugar Added
-  500mg Sodium or less
& Low Sat Fat
-  Gluten Free
-  Dairy Free

Daily Entrée Selections

Monday, October 27th:

- Soup of the Day: Bean & Ham **
- Option 1:** Broiled Sole with Lemon Citrus Butter served with Roasted Potatoes and Steamed Asparagus   
- Option 2:** Pork Loin with Apple Maple Glaze,  Cornbread & Sausage Stuffing, and Roasted Balsamic Brussel Sprouts  

.....

Tuesday, October 28th:

- Soup of the Day: Stuffed Cabbage **
- Option 1:** Shrimp with Lemon Bread Crumbs and Sherry Garlic Butter served with Wild Rice Pilaf and Citrus Carrots  
- Option 2:** Spaghetti with Meat Sauce,  Grated Parmesan Cheese, Steamed Green Beans, and Buttered Garlic Knots (available )

.....

Wednesday, October 29th:

- Soup of the Day: Turkey Vegetable **
- Option 1:** German Sausage with Apple-Bacon Sauerkraut and Fried Potato Pancakes  with Sour Cream 
- Option 2:** Braised Chicken Coq au Vin with Red Wine, Tomato, Mushrooms, and Bacon  served over Mashed Potatoes with Roasted Carrots

.....

Thursday, October 30th:

- Soup of the Day: Oriental Beef **
- Option 1:** Seared Salmon with Fresh Pomegranate Relish,  Dried Fruit Cous Cous, and Roasted Squash Medley  
- Option 2:** Grilled Chicken Fettucine with Fresh Mushrooms and Broccoli in a Red Bell Pepper Cream Sauce (available )

.....

Friday, October 31st: **Happy Hallown!**

- Soup of the Day: Split Pea & Bacon**
- Option 1:** Gulf Shrimp, Crab, Lemon & Sweet Pea Risotto with Parmesan Cheese and Garlic Chive Oil 
- Option 2:** Smoked Pulled BBQ Pork with Slow Cooked Baked Beans, Cole Slaw, and  Buttered Corn 

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 Fall Salad
- Featured Starter: Pimento Beer Cheese
- Weekly Soup: Shrimp & Asparagus Bisque

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

Saturday: Texas Sheet Cake

Sunday: Mint Ice Cream Bars

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

Saturday, November 1st

Soup of the Day: Chicken Gumbo

Option 1: Chilled Shrimp Cocktail with Lemon, Cocktail Sauce, and Potato Salad

Option 2: Beef & Cheese Nachos with Black Beans, Shredded Lettuce, Olives, Queso Cheese, Green Onion, Tomato Salsa, and Sour Cream

Sunday, November 2nd

Soup of the Day: Loaded Potato

Option 1: Beer Battered Fried Fish and Chips with Shoe String Fries, Creamy Slaw, Lemon, and Homemade Tarter on the side

Option 2: Chicken & Vegetable Stew with Local Tomatoes, Zucchini, Carrots, Celery, Onions, and Potatoes served with Fresh Warm Biscuits

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Market Vegetables, Portobella Mushrooms, Cannellini Beans, and Mozzarella Cheese (served with or without Grilled Chicken)

Option 4: Fall Vegetable Salad with Fresh Greens, Grilled Chicken, Butternut Squash, Sundried Tomatoes, Goat Cheese, and Toasted Almonds served with Herb Balsamic Vinaigrette Dressing

Option 5: Italian Seasoned Beef Sandwich with Mild Peppers and Provolone Cheese in a Hoagie Bun served with Seasoned French Fries w/o Bun

Option 6: Fried Chicken Bowl stacked with Mashed Potatoes, Sweet Corn, Smoked Bacon, Gravy, and Green Onion

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.



Silver Maples 28th Anniversary!

Come Celebrate with Us

Thursday, November 6th Beginning at 4:00pm

Arbor Dining Room

Due to Limited Space, Residents Only Please