

# Arbor Menu

Week of October 27th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three Starters</u> 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

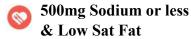
**Rainbow Sherbet** 

**Midnight Caramel River** 

**Mint Chocolate Chip** 

RF Reduced Fat

**NSA No Sugar Added** 





**D** 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 (a)

Option 2: Pork Loin with Apple Maple Glaze, Gornbread & Sausage Stuffing, and Roasted Balsamic Brussel Sprouts © ©

**Tuesday, October 28th:** 

Soup of the Day: Stuffed Cabbage @

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 **G** 

**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 (D)

**Option 2:** Grilled Chicken Fettucine with Fresh Mushrooms and Broccoli in a Red Bell Pepper Cream Sauce (available **(3)**)

Friday, October 31st: Happy Hallow n!

Soup of the Day: Split Pea & Bacon

**Option 1**: Gulf Shrimp, Crab, Lemon & Sweet Pea Risotto with Parmesan Cheese and Garlic Chive Oil **G** 

**Option 2:** Smoked Pulled BBQ Pork with Slow Cooked Baked Beans, Cole Slaw, and (D) Buttered Corn (G)

## 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



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



Sauce, (a) and Potato Salad (a) (b)

**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, oand Homemade Tarter on the side

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

## Additional Entrée Selections

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

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

**Option 5:** Italian Seasoned Beef Sandwich with Mild Peppers (D) 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