



Arbor Menu

Week of October 6th

*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 Sweet Yeast Rolls *
- Side Sunburst Salad
- Fresh Fruit: Clementines
- Weekly Soup: Zuppa Toscana

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: Raspberry Sorbet

Tuesday: Pumpkin Pie

**Wednesday: Chocolate Peppermint
Cheesecake Cups**

Thursday: Tammy’s Southern Pudding

Friday: Bumbleberry Pie

Ice Cream

- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Mint Chocolate Chip

RF Reduced Fat
NSA No Sugar Added

- 500mg Sodium or less
& Low Sat Fat
- Gluten Free
- Dairy Free

Dinner Entrée Selections

Monday, October 6th:

Soup of the Day: Caribbean Callaloo

Option 1: Blueberry Pancakes with Warm Maple Syrup,
Pork Sausage Links, and Fresh Fruit Salad

Option 2: Buttermilk Fried Chicken Thighs with Mashed
Potatoes, Maple Cider Gravy, and Southern Greens

Tuesday, October 7th:

Soup of the Day: Cream of Mushroom

Option 1: Seared Teriyaki Shrimp with Sweet Pineapple
& Red Pepper Salsa, Steamed Jasmine Rice, and Mixed
Asian Vegetables

Option 2: Oven Roasted Turkey Breast with Honey
Pecan Butter, Sweet Potato Hash, and Steamed
Asparagus

Wednesday, October 8th:

Soup of the Day: Chicken Gumbo

Option 1: Poached Atlantic Salmon with Creamy Dill
Yogurt Sauce, Baked Potato, and Steamed Peas &
Carrots

Option 2: Herb Marinated Chicken Breast with Warm
Fall Pear Chutney, Wild Rice Pilaf, and Honey Glazed
Carrots

Thursday, October 9th:

Soup of the Day: Beef Vegetable Barley

Option 1: Broiled Gulf Shrimp & Crabcakes with
Roasted Corn Salad, Wild Rice Pilaf, and Citrus
Aioli

Option 2: Old Fashioned Salisbury Steak with
Mushroom Gravy, Mashed Potatoes and French Beans

Friday, October 10th:

Soup of the Day: Chili

Option 1: New England Baked Haddock with Lemon
Bread Crumbs, Home Made Tartar Sauce, Herb Roasted
Potatoes, and Squash (available

Option 2: Cashew Chicken Stir Fry with Broccoli,
Sweet Bell Peppers, Onion, and Snow Peas served
with Brown Rice, Sesame Stir Fry Sauce, and Toasted
Cashews

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 Sweet Yeast Rolls *
- Side Sunburst Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Zuppa Toscana

Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt

Desserts

Saturday: Spice Cake with Cream Cheese Frosting

Sunday: Snickers Cake



Ice Cream


- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Salted Caramel Truffle

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.

Saturday, October 11th

Soup of the Day: Chicken Velvet 



Option 1: Classic Chef Salad with Iceberg Lettuce, Tomatoes, Cucumbers,  Shredded Cheese, Deli Turkey, Ham, and Egg  served with Thousand Island Dressing on the side

Option 2: Fried Chicken Wings with French Fries served with Fresh Celery, Carrots,  and Home Made Ranch Dressing




Sunday, October 12th



Soup of the Day: Creamy Tomato Basil

Option 1: Fried Coconut Shrimp with Orange Dipping Sauce,  Coconut Cream Rice, and Tropical Fruit Salad



Option 2: Pulled Pork Tacos with Cabbage Slaw and Pineapple Salsa served with Black Beans and Rice  (available )

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Home Made Hummus,  and Mozzarella Cheese (served with or without Grilled Chicken)  

Option 4: Sunburst Salad with Grilled Chicken, Romaine Lettuce, Dried Cranberries, Mandarin Oranges, Toasted Almonds, Goat Cheese, and Raspberry Vinaigrette Dressing  

Option 5: Baked Brie Cheese with Local Apple & Fig Chutney and  Grilled Herb Flatbread

Option 6: Grilled Asian Tuna with Angel Hair Pasta, Peapods, Red & Yellow Peppers, Mushrooms, Napa Cabbage, Pickled Ginger, and Honey Soy Vinaigrette  

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