

# Arbor Menu

Week of October 6th

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 Sweet Yeast Rolls \*
- · Side Sunburst Salad
- Fresh Fruit: Clementines 🔕
- · Weekly Soup: Zuppa Tuscana

### 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** 

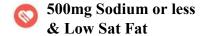
Cappuccino Crunch

**Rainbow Sherbet** 

**Mint Chocolate Chip** 

RF Reduced Fat

NSA No Sugar Added



**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 O O

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, (D) 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



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 Tuscana

<u>Always Available 🔕</u>

· 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

# Saturday, October 11th

Soup of the Day: Chicken Velvet @

Option 1: Classic Chef Salad with Iceberg Lettuce,

Tomatoes, Cucumbers, (D) Shredded Cheese, Deli Turkey,

Ham, and Egg **6** 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 **G**)

# Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, Home Made Hummus, (1) and Mozzarella Cheese (served with or without Grilled Chicken) (3) (6)

**Option 5**: Baked Brie Cheese with Local Apple & Fig Chutney and **G** 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 

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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.

### **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