



Arbor Menu

Week of November 10th

*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 
- Hummus & Fresh Vegetables 
- Weekly Soup: Butternut Squash

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: Mixed Berry Crisp

Tuesday: Peach & Raspberry Crumb Pie

Wednesday: Cranberry Orange Bundt Cake

Thursday: Hummingbird Cake

Friday: Peanut butter Fudge Pie

Ice Cream

RF NSA Vanilla

RF NSA Turtle Sundae

RF NSA Butter Pecan

Deep Dish Apple Pie

Midnight Caramel River

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, November 10th:

Soup of the Day: Black Bean 

Option 1: Mushroom & Cheese Ravioli with Meatballs and Marinara Sauce served with Fresh Green Beans

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

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Tuesday, November 11th:

Soup of the Day: Chicken Noodle 

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

Option 2: Steak Diane with a Tomato, Brandy Cream Sauce served with Roasted Fingerling Potatoes and Mixed Vegetable Medley

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Wednesday, November 12th:

Soup of the Day: BLT

Option 1: Grilled Atlantic Salmon with Roasted Tomato Sauce, Baked Potato, and Grilled Asparagus   

Option 2: Herb Marinated Bone In Chicken Breast with Pan Sauce,  Creamy Parmesan Polenta, and Roasted Carrots  

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Thursday, November 13th:

Soup of the Day: Hamburger Vegetable  

Option 1: Gulf Shrimp & Jumbo Lump Crabcakes with Roasted Corn Salad, Wild Rice Pilaf, Mixed Vegetable Medley, and Citrus Aioli   

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   

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Friday, November 14th:

Soup of the Day: Hungarian Mushroom

Option 1: Walnut Crusted Walleye with Citrus Butter, Wild Rice Pilaf, and Sauteed Spinach with Parmesan Cheese and Fresh Tomato (available  

Option 2: Old Fashioned Salisbury Steak with Mushroom Gravy, Parmesan Mashed Potatoes, and Garlic Green Beans

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

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• Side Sunburst Salad 

• Hummus & Fresh Vegetables 

• Weekly Soup: Butternut Squash

Always Available

• Fresh Banana, Apple, or Orange

• Mandarin Oranges or Peaches

• Fruit Cocktail

• Low Fat Cottage Cheese

• Low Fat Yogurt

Desserts

Saturday: Fantasy Fudge

Sunday: Novelty Cones

Ice Cream

RF NSA Vanilla

RF NSA Turtle Sundae

RF NSA Butter Pecan

Deep Dish Apple Pie

Midnight Caramel River

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

*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, November 15th

Soup of the Day: Asian Dumpling

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

Option 2: Traditional Chili Dog with Chopped Onions, French Fries, and a Petite Greek Salad ( w/o Bun)

Sunday, November 16th

Soup of the Day: Hearty Vegetable

Option 1: Fried Battered Shrimp Basket with Lemon & Cocktail Sauce, French Fries, and Creamy Cole Slaw

Option 2: Baked Chicken Supreme with a White Wine and Mushroom Cream Sauce served with Mashed Potatoes and Steamed Peas with Carrots 

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: Fried Chicken Wings served with Fresh Celery, Carrots,  Steakhouse Potato Salad and Home Made Ranch Dressing

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

Beverage Menu

Wine Selection

Available by the Glass \$3 or Bottle \$12

Silver Gate of California

Pinot Grigio, Chardonnay, Merlot, or Cabernet Sauvignon

Beer Selection \$3

Labatt, Labatt Blue Light, or Heineken