

Arbor Menu

Week of November 17th

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 French Rolls *
- · Side Caesar Salad 🚫
- · Carrot & Raisin Salad 🚫
- · Weekly Soup: Chicken Tortilla

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: Pumpkin Roll

Wednesday: Carrot Cake

Thursday: Lemon Chiffon Pie

Friday: Chocolate Eclairs

Ice Cream @

RF NSA Vanilla

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

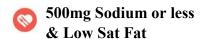
Rainbow Sherbet

Mint Chocolate Chip

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added



Gluten Free

D Dairy Free

Dinner Entrée Selections

Monday, November 17th:

Soup of the Day: French Onion

Option 1: Baked Atlantic Cod with a Cracker Crust,

Roasted Potatoes, and Steamed Mixed Vegetables ()

Option 2: Baked Shepherds Pie with Seasoned Ground

Beef & Lamb, Carrots, Peas, and Onion topped with

Mashed Potatoes

Tuesday, November 18th:

Soup of the Day: Hungarian Sweet & Sour

Cabbage 🚫 🚭

Option 1: Gulf Shrimp & Scallop Risotto with Parmesan

Garlic Cream Sauce and Steamed Asparagus

Option 2: Sauteed Beef and Broccoli Stir Fry with

Ginger Garlic Sauce, Mixed Asian Vegetables, and

Steamed Brown Rice 🚫 🕞 🕕

Wednesday, November 19th:

Soup of the Day: Reuban Chowder

Option 1: Pan Seared Fresh Lake Trout with Warm

Apple Onion Relish, Baked Potato, and Roasted

Squash O GO

Tuesday: Warm Chocolate Bread Pudding Option 2: Baked Cranberry & Brie Stuffed Chicken

Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and

Roasted Carrots

Thursday, November 20th:

Soup of the Day: Creamy Tomato Basil @

Option 1: Sauteed Chicken Piccata with White Wine,

Lemon Caper, and Mushroom Butter served over Angel

Hair Pasta with Fresh Steamed Broccoli (available @) 🔕

Option 2: Grilled Marinated Sliced Pork Tenderloin with Michigan Cherry Chutney,

Mashed Potatoes, and

Mixed Delicata Squash 🚳 🚭

Friday, November 21st:

Soup of the Day: Barbs Chili

Option 1: Grilled Atlantic Salmon with Papaya Mango Lime Salsa, Steamed Redskin Potatoes, and Steamed

Asparagus 🚫 🚭 🕑

Option 2: Traditional Pasta Bolognese with Ground Pork & Beef Meat Sauce, (D) Fresh Grated Parmesan Cheese, and Garlic Green Beans (available 6)

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 French Rolls *
- · Side Caesar Salad
- · Carrot & Raisin Salad
- · Weekly Soup: Chicken Tortilla

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: Custard Pie

Sunday: Strawberry Éclair Bars

Ice Cream @

RF NSA Vanilla

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Mint Chocolate Chip

Midnight Caramel River

Saturday, November 22nd

Soup of the Day: Seafood Chowder

Option 1: Margherita Flatbread Pizza with Vine Ripened

Tomatoes, Fresh Basil, and Balsamic Syrup 🚫

(available **@**)

Option 2: Grilled Marinated Chicken Thighs with @

Cornbread Stuffing, Cider Maple Glaze, and Roasted

Carrots 🔕 📵

Sunday, November 23rd

Soup of the Day: Roasted Carrot Bisque 🚫 🚭

Option 1: Shredded Chicken Nachos with Tortilla Corn Chips. Queso Cheese, Olives, Shredded Lettuce, and

Diced Tomatoes served with Salas and Sour Cream G

Option 2: Baked Beef & Cheese Lasagna with Warm Garlic Bread and Steamed Green Beans

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Tabouleh Salad, ① and Mozzarella Cheese (available with or without Grilled Chicken) ② GF

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Tomatoes, (P) Parmesan Cheese, Garlic

Croutons, and Caesar Dressing 🚫

Option 5: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg, Carrots, &

Peas served with Asian Cabbage Slaw (D)

Option 6: Grilled Atlantic Halibut with Fresh Chimichurri

Sauce, Yellow Tomato Salsa, Roasted Potatoes, and

Steamed Vegetable Medley () ()

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

