



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

Tuesday: Warm Chocolate Bread Pudding

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

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 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

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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   

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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   

Option 2: Baked Cranberry & Brie Stuffed Chicken
Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and
Roasted Carrots

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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  

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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,  Fresh Grated Parmesan Cheese,
and Garlic Green Beans (available 

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 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

*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 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 

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,  and Mozzarella Cheese (available with or without Grilled Chicken)  

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Tomatoes,  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 

Option 6: Grilled Atlantic Halibut with Fresh Chimichurri Sauce, Yellow Tomato Salsa, Roasted Potatoes, and Steamed Vegetable Medley   

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