



Arbor Menu

Week of November 24th

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 Assorted Rolls *
- Side Tuscan Pear Salad
- Featured Starter: Smoked Salmon Pate
- Weekly Soup: Black Bean & Ham

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: New York Style Cheesecake

Tuesday: Hot Fudge Ice Cream Puff

Wednesday: Angel Food Cake, Fresh Berries

Thursday: Assorted Pies

Friday: Warm Apple Cherry Cobbler

Ice Cream

RF NSA Vanilla

RF NSA Turtle Sundae & Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

Apple Crumb Pie

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Daily Entrée Selections

Monday, November 24th:

Soup of the Day: Sopa de Verduras (Mexican Vegetable Soup)   

Option 1: Shrimp Scampi with Garlic Butter, White Wine Sauce, Wild Rice Pilaf, and Steam Asparagus  

Option 2: Spaghetti Carbonara Pasta with Pancetta Bacon, Parmesan Cheese, Cream, and Sweet Peas

Tuesday, November 25th:

Soup of the Day: Vegetable Beef Barley  

Option 1: Grilled Ginger Garlic Chicken Thigh with Sticky Rice and Steamed Sesame Bok Choy   

Option 2: Slow Cooked Beef Stroganoff with Buttered Egg Noodles, Mushroom Gravy, and Steamed Broccoli

Wednesday, November 26th:

Soup of the Day: Cheesy Potato 

Option 1: Artic Char with Sliced Almonds and Lemon Parsley Butter served with Roasted New Potatoes and Citrus Buttered Carrots  

Option 2: Sauteed Chicken with Fresh Mushrooms, Marsala Wine, Olive Oil, Garlic, and Shallots served over Linguine Pasta with Steamed Mixed Vegetables  

Thursday, November 27th: *Happy Thanksgiving!*

Join us at the luncheon Buffet 11am—1pm

Option 1: Fried Coconut Shrimp with Orange Dipping Sauce, Steamed Jasmine Rice, Steamed Broccoli, and Mango Lime Slaw 

Option 2: Open Face Turkey Sandwich with Mashed Potatoes, Gravy, Green Beans, and Cranberry Sauce

Friday, November 28th:

Soup of the Day: Chicken Velvet 

Option 1: Fried Perch dipped in Drakes Seasoning with Creamy Cole Slaw, French Fries, Lemon, and Tartar Sauce (available  

Option 2: Grilled Sirloin Steak with  Garlic Parsley Compound Butter, Rosemary Fries, and Creamed Spinach 

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

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- Fresh Baked Assorted Rolls *
- Side Tuscan Pear Salad
- Featured Starter: Smoked Salmon Pate
- Weekly Soup: Black Bean & Ham

Always Available

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

Desserts

Saturday: Root Beer Float

Sunday: Blueberry Cake with Whipped topping

Ice Cream

- RF NSA Vanilla
- RF NSA Turtle Sundae & Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Apple Crumb Pie

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. In order to better serve you, Please keep substitutions to a minimum.

Saturday, November 29th

Soup of the Day: Corn Chowder

Option 1: Ground Beef & Tomato Sloppy Joe Sandwich with Seasoned Tater Tots and Creamy Cole Slaw (GF w/o Bun) 

Option 2: Grilled Greek Spiced Chicken Breast  with Feta Cheese, Lemon Rice, Tomato Cucumber Salad, and Creamy Yogurt Sauce  GF

Sunday, November 30th

Soup of the Day: Chicken Noodle

Option 1: Chilled Steamed Shrimp Cocktail with Lemon and Bulgar Wheat, Chickpea Vegetable Salad  

Option 2: Goat Cheese Filled Ravioli with Grilled Chicken, Baby Spinach, Mushrooms, and Marinara Sauce

Additional Entrée Selections

Sorry, Options #5 and #6 are not available on Thanksgiving Day

Option 3: Roasted Vegetable Plate with Market Vegetables, Portobella Mushrooms, French Beans, Baby Spinach, and  Fresh Mozzarella (served with or without Grilled Chicken or Salmon)  GF

Option 4: Tuscan Pear Salad with Grilled Chicken, Caramelized Pears,  Gorgonzola Cheese, Candied Nuts and Herb Balsamic Vinaigrette Dressing GF

Option 5: Roasted Three Onion Soup with Garlic Croutons, and Provolone Cheese served with a Roast Beef Sandwich on a French Baguette and Horseradish Sauce

Option 6: Pan Seared Atlantic Salmon with Lobster Saffron Broth, Roasted Peppers, Asparagus, Cannellini Beans, Green & Yellow Wax Beans, Mushrooms, and Plum Tomato  GF

Please Join Us for a Delicious Thanksgiving Buffett!

Thursday, November 27th at 11am to 1pm

In the Arbor Dining Room

Resident = Meal Exchange

Guest Price = \$32

