

Arbor Menu

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

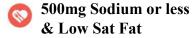
Midnight Caramel River

Mint Chocolate Chip

Apple Crumb Pie

RF Reduced Fat

NSA No Sugar Added





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 🔕 🄀

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 (D)

Option 2: Open Face Turkey Sandwith 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 **G**) (D)

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



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- · Weekly Soup: Black Bean & Ham

Always Available 🔕

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- · 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

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

(W/o Bun) (D)

Option 2: Grilled Greek Spiced Chicken Breast (D) with Feta Cheese, Lemon Rice, Tomato Cucumber Salad, and Creamy Yogurt Sauce (S) (G)

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) © ©

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

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

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.

