



Arbor Menu

Week of December 2nd

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 Roll
- Side Mandarin Orange Salad
- Weekly Soup: Smoked Turkey & Vegetable

Always Available

- Fresh Banana, Pear, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

Desserts

Monday: New York Style Cheesecake

Tuesday: Raspberry Zinger Cake

Wednesday: Nutter Butter Cake

Thursday: Fruit of the Forest Pie

Friday: Warm Peach Crisp

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

RF Reduced Fat

NSA No Sugar Added

 Dairy Free

 500mg Sodium or Below

 Gluten Free

Dinner Entrée Selections

Monday, December 2nd:

Soup of the Day: Hawaiian Ginger




Option 1: Shrimp Stir Fry with Mixed Vegetables, Baby Corn, Bamboo Shoots, Water Chestnuts, and Teriyaki Sauce

Option 2: Grilled Chicken Breast with Cranberry Pear Chutney, Wild Rice Pilaf, and Asparagus

Vegetable Medley   

Tuesday, December 3rd:



Soup of the Day: Hamburger Vegetable  

Option 1: Panfried Walleye with Lemon and Tartar Sauce served with Redskin Potatoes and Steamed Asparagus  (Available  

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

Wednesday, December 4th:



Soup of the Day: Cream of Mushroom


Option 1: Poached Salmon served with a Baked Potato, Chive Sour Cream, and Steamed Mixed Vegetables  

Option 2: Baked Beef & Cheese Enchilada with Spanish Rice & Mexican Corn with Butter & Parsley

Thursday, December 5th:



Soup of the Day: Split Pea with Bacon 

Option 1: Broiled Dover Sole with Roasted New Potatoes, Steamed Asparagus and Citrus Aioli on the Side  

Option 2: Grilled Sirloin Steak with Garlic Parsley Compound Butter, Rosemary Fries and Fresh Roasted Beets 

Friday, December 6th:

Soup of the Day: French Onion ( w/o Croutons)

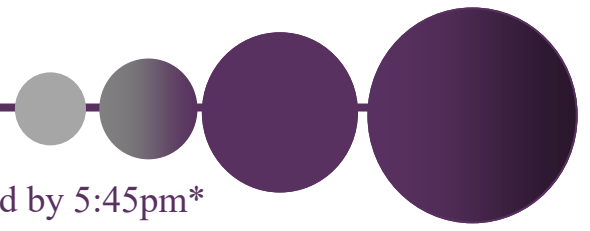
Option 1: Seared Gulf Shrimp with Andouille Sausage Vinaigrette, New Orleans Rice Pilaf, and Grilled Zucchini  

Option 2: Champagne Chicken with Mushroom Pan Gravy, Smashed Potatoes, and Roasted Carrots

Additional Entrée Selections

Options 3 – 5 listed on back of Menu

Arbor Menu



(Page 2) Winter 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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Always Available

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- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

Desserts

Saturday: Gingerbread Cake

Sunday: Lemon Bars

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

Saturday, December 7th


Soup of the Day: White Chicken Chili 

Option 1: Sweet & Sour Pork with Mixed Vegetables and Steamed White Rice   

Option 2: Stuffed Pasta Shells with Spinach & Cheese topped with Meat Sauce Marinara and served with Italian Green Bean



Sunday, December 8th



Soup of the Day: Vegetable  


Option 1: Fresh Tuna Salad with Onions and Celery served on Mixed Greens with Egg, Olives, Tomatoes, Chilled Green Beans, and Herbed Potatoes 

Option 2: Curry Chicken with Carrots, Onion, Sweet Red Pepper, Tomato, Ginger, Garlic, and Cream. Served over Steamed Rice

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, and Mozzarella Cheese (Available with Grilled Chicken)  

Option 4: Grilled Chicken Salad with Fresh Romaine Lettuce, Mandarin Oranges, Toasted Walnuts, Dried Cranberries, and Shaved Parmesan Cheese. served with Poppyseed Dressing  

Option 5: Ham, Asparagus & Swiss Quiche with Puff Pastry, Fresh Fruit Garnish and a Warm Homemade Baked Muffin (Available 

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