



Arbor Menu

Week of December 29th

*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 *
- Weekly Side Tuscan Pear Salad
- Featured Starter: Three Bean Salad

Weekly Soup: Smoked Chicken - Sweet Potato Corn Chowder 

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: Deep Dish Apple Pie

Tuesday: Egg Nogg Caramel Sundae 

Wednesday: Pudding Parfait 

Thursday: Vanilla Crème Puff

Friday: Fruit of the Forest Pie

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, December 29th:

Soup of the Day: Ramen Noodle 

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

Option 2: Chicken Parmesan Lightly Breaded with Mozzarella Cheese, Tomato Sauce, Linguine, and Zucchini Medley

Tuesday, December 30th:

Soup of the Day: Beef Noodle 

Option 1: Baked Cod with Lemon Bread Crumbs, Roasted Potatoes, and Steamed Asparagus (available )

Option 2: Oven Roasted Pork Loin  with Whipped Sweet Potatoes and Steamed Mixed Vegetables  

Wednesday, December 31st: *New Years Eve!*

Soup of the Day: Tomato, Bacon, & Basil

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

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

Thursday, January 1st: *Happy New Year!*

Soup of the Day: Hungarian Mushroom

Option 1: Chilled Shrimp Cocktail with Lemon, Cocktail Sauce, Capers, and Chickpea Vegetable Salad   

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

Friday, January 2nd:

Soup of the Day: Chicken & Wild Rice 

Option 1: Seared Seasoned Louisiana Catfish  with Creamy Corn Sauce, Creole Rice, and Baked Cauliflower  

Option 2: Grilled Sirloin Steak  with Basil Butter, Baked Potato, and Steamed Asparagus Medley  

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 Assorted Rolls *
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- Featured Starter: Three Bean Salad

Weekly Soup: Smoked Chicken - Sweet Potato Corn Chowder 

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: Fresh Baked Cookies

Sunday: Warm Apple Blossom

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, January 3rd

Soup of the Day: French Onion 

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

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

Sunday, January 4th

Soup of the Day: Ham & Bean  

Option 1: Fried Fish Tacos with Napa Cabbage Slaw, Tomato Red Pepper Salsa, Pickled Red Onion, and Red Pepper Aioli served with Seasoned French Fries (available 

Option 2: Slow Roasted Beef Pot Roast with Mashed Potatoes, Carrots, Celery, Onions, Turnips, and Rutabaga

Additional Entrée Selections

We Apologize Options 5 & 6 are Not Available on New Year's 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 

Option 5: Fried Chicken Wings with Honey BBQ Sauce, Marks Steakhouse Potato Salad, and Creamy Slaw

Option 6: Grilled Atlantic Salmon with Baby Spinach, Dates, Wild Mushrooms, Roasted Red Pepper Mashers, and Bacon Balsamic Vinaigrette 

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