



# 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 \*
- 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

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  
(GF 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