



Arbor Menu

Week of February 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 Assorted Rolls *
- Weekly Side Salad: Spinach
- Featured Starter: Creamy Cole Slaw

Weekly Soup: Potato Leek 

Always Available

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

Desserts

Sundae Monday: Black Forest Cherry

Tuesday: Pudding Parfait

Wednesday: Vanilla Crème Puff

Thursday: Fruit of the Forest Pie

Friday: Peanut Butter Cream 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

Blueberry Frozen Yogurt

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Daily Entrée Selections

Monday, February 2nd:

Soup of the Day: Stuffed Green Pepper 

Option 1: Broiled Sole  Meuniere with Brown Butter Sauce, Roasted Fingerling Potatoes, and Steamed Broccoli Medley  

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

.....
Tuesday, February 3rd:

Soup of the Day: Vegetable Beef   

Option 1: Grilled Mediterranean Spiced Chicken Breast  with Feta Cheese, Spanish Rice, Tomato Cucumber Salad, and Creamy Yogurt Sauce  

Option 2: Baked French Onion Meatloaf with Swiss Cheese, Mashed Potatoes, Gravy, and Steamed Peas & Carrots

.....
Wednesday, February 4th:

Soup of the Day: Canadian Turkey and Potato

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

Option 2: Crispy Pork Schnitzel with Mushroom Gravy, Mashed Potatoes, and Shaved Brussel Sprouts with Bacon, Onion & Brown Butter

.....
Thursday, February 5th:

Soup of the Day: Swiss Onion  

Option 1: Lemon Pepper Baked Catfish  with Creamy Corn Sauce, Wild Rice Pilaf, and Roasted Carrots  

Option 2: Baked Lasagna with a Tomato Meat Sauce and Ricotta, Mozzarella, & Parmesan Cheeses served with Garlic Green Beans

.....
Friday, February 6th:

Soup of the Day: Hungarian Mushroom

Option 1: Baked Shrimp DeJonge with a Sherry Wine Garlic Butter Sauce, Topped with Seasoned Bread Crumbs and Served with Grilled Asparagus

Option 2: Grilled Sirloin Steak  with Basil Butter, Baked Potato, Chive Sour Cream, and Harvard Beets 

Additional Entrée Selections

Options 3 - 6 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

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- Fresh Baked Assorted Rolls *
- Weekly Side Salad: Spinach
- Featured Starter: Creamy Cole Slaw

Weekly Soup: Potato Leek 

Always Available

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

Desserts

Saturday: Ice Cream Sandwiches

Sunday: Moose Tracks Cone

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
- Blueberry Frozen Yogurt

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, February 7th

Soup of the Day: Italian Wedding 

Option 1: Lobster & Cheese Ravioli with Gulf Shrimp, Steamed Peas and Garlic Cream Sauce

Option 2: Savory Chicken & Dumplings with Celery, Carrots, Onions, Peas, and Parsley served with Creamy Grape & Pecan Salad

Sunday, February 8th

Soup of the Day: Creamy Chicken Orzo

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

Option 2: Shaved Italian Beef with Pickled Giardiniera, Mashed Potatoes and Roasted Root Vegetables

Additional Entrée Selections

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: Baby Spinach & Fresh Greens Salad with Smoked Chicken, Hard Boiled Egg, Crumbled Bacon, Red Onion, and Grape Tomatoes served with Balsamic Vinaigrette Dressing  

Option 5: Ground Beef & Tomato Sloppy Joe Sandwich with Seasoned Tater Tots  and Buttered Corn

Option 6: Grilled Atlantic Salmon with Baby Spinach, Dried Figs, Wild Mushrooms, Roasted Potatoes, 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