



Arbor Menu


Week of March 10th

*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 Garlic & Poppyseed Roll *
- Side Tuscan Pear Salad 
- Side Chickpea Salad 
- Weekly Soup: Chicken in a Garden 

Always Available

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

Desserts

Monday: Boston Cream Pie

Tuesday: Butterscotch Pudding

Wednesday: Caramel Apple Banana
Cake

Thursday: Grape Crush Cupcakes

Friday: Applesauce Pie

Ice Cream

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added

 Dairy Free


 500mg Sodium or Below




 Gluten Free

Dinner Entrée Selections

Monday, March 10th:

Soup of the Day: Country Vegetable  



Option 1: Baked East Coast Haddock with Seasoned Bread Crumbs, Roasted Lemon Chive Butter,  Orzo Pasta with Radicchio & Feta Cheese, and French Beans

Option 2: Grilled Marinated Chicken Thighs with Raspberry, Melba Sauce,  Dried Fruit Cous Cous, and Fresh Squash Medley  

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Tuesday, March 11th:

Soup of the Day: Cream of Mushroom


Option 1: Broiled Artic Char with Honey Citrus Sauce, Wild Rice Pilaf, and Steamed Asparagus   

Option 2: Grilled Sliced Pork Tenderloin with Dijon Mustard Gravy, Apple Cranberry Dressing, and Herb Roasted Carrots  

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Wednesday, March 12th:




Soup of the Day: Vegetarian Three Bean Chili 

Option 1: Steamed Gulf Shrimp Fettuccine Alfredo with Parmesan Garlic Cream Sauce and Steamed Broccoli Florets

Option 2: Slow Roasted Italian Beef with Mild Pickled Peppers, Mashed Potatoes, and Roasted Root Vegetables 

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Thursday, March 13th:

Soup of the Day: Beef & Vegetable  



Option 1: Grilled Teriyaki Shrimp with Pineapple Salsa, Steamed Jasmine Rice, and Sauteed Asian Vegetables   

Option 2: Slow Cooked Swiss Steak with Fresh Carrots, Onions, Celery, and Tomato Gravy served with Mashed Potatoes and Garlic Green Beans

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Friday, March 14th:

Soup of the Day: Cauliflower Chicken

Option 1: Hand Dipped Beer Battered Fried Fish Basket served with French Fries, Fresh Lemon, Home Made Tartar Sauce, and Creamy Cole Slaw

Option 2: Smoked Chicken Angel Hair Pasta with Fresh Basil, Pancetta Bacon, and Plum Tomato Garlic Sauce served with Primavera Vegetables (Available  

Additional Entrée Selections

Options 3 – 5 listed on back of Menu

Arbor Menu



(Page 2) 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 Garlic & Poppyseed Roll *
- Side Tuscan Pear Salad 
- Side Chickpea Salad 
- Weekly Soup: Chicken in a Garden 

Always Available

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

Desserts

Saturday: Chocoholic Cake

Sunday: Yogurt Bars



Ice Cream

- RF NSA Vanilla
- RF NSA Chocolate
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch

Saturday, March 15th



Soup of the Day: Split Pea and Bacon 


Option 1: Broiled Orange Roughy with Lemon Butter, Roasted Potatoes, and Fresh Vegetable Medley  

Option 2: Italian Sausage Bake with Mixed Bell Peppers, Tomatoes, Mushrooms, Onions, and Garlic Roasted Potatoes  




Sunday, March 16th


Soup of the Day: Minestrone


Option 1: Chilled Gulf Shrimp with Cocktail Sauce served with Roasted Potatoes and Beet & Goat Cheese Salad  

Option 2: Coney Island Hot Dog with Chili Sauce, Chopped Fresh Onions, and Mustard served with French Fried Potatoes and Greek Pasta Salad 

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms,  and Mozzarella Cheese (served with or without Grilled Chicken)  

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

Option 5: Baked Pepperoni, Mushroom, and Green Pepper Pizza with Tomato Sauce and Mozzarella Cheese (Available  (sorry no substitutions))

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