Arbor Menu

#### Week of April 28th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three Starters and Featured Dessert or Ice Cream</u>

### **Featured Starters**

### <u>Please Choose up to Three Starters</u>

All Starters Gluten Free <u>Unless</u> Noted \*

- Fresh Baked French Roll \*
- Side Iceberg Salad
- Soup: Turkey Chili 🚫

### <u>Always Available 📀</u>

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

#### **Desserts**

Monday: Mixed Berry Sundae Tuesday: Apple Crisp Wednesday: Peach Pie ala Mode

Thursday: Chocolate Buttercream Cake

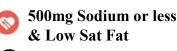
Friday: Pecan Pie

### 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



**GP** Gluten Free

Dairy Free

# **Daily Entrée Selections**

Monday, April 28th:

#### Soup of the Day: Italian Wedding

**Option 1:** Pan Seared Whitefish with Pancetta Mustard Vinaigrette, Roasted New Potatoes, and Asparagus **(P)** 

**Option 2:** Sauteed Beef Stir-fry with Carrots, Bell Peppers, Broccoli, Mushrooms, Sugar Snap Peas, and Steamed Brown Rice **(D)** 

#### Tuesday, April 29th:

#### Soup of the Day: Elote Corn

**Option 1:** Three Cheese Ravioli with Seared Shrimp, Wild Mushrooms, Baby Spinach, and Plum Tomato Garlic Sauce

**Option 2:** House Smoked Chicken and Sweet Pea Risotto with Parmesan Cream and Roasted Carrots S **Wednesday, April 30th:** 

#### Soup of the Day: Chilled Strawberry S Option 1: Baked North Atlantic Haddock topped with Roasted Garlic Aioli and Lemon Bread Crumbs served

with Cranberry Quinoa & Steamed Green Beans S G Option 2: Grilled Chicken Pomodoro Linguine with Crushed Tomatoes, Garlic, Basil, Olive Oil, and Toasted Pinenuts served with Roasted Eggplant Medley

(Available **(Available**) (Available **(Available**))

#### Soup of the Day: Turkey & Wild Rice 🚫 🗊

**Option 1:** Grilled Shrimp DeJonge with Toasted Breadcrumbs, Sherry Wine, Garlic, and Herbs served with Wild Rice Pilaf and Steamed Asparagus Medley

Option 2: Baked Cranberry & Brie Cheese Stuffed Chicken Breast with Dijon Cream Sauce, Roasted Potatoes, and Honey Glazed Carrots Friday, May 2nd:

#### Soup of the Day: Chicken Gnocchi

**Option 1**: Seared Atlantic Salmon with French Beans, Cannellini Beans, and Mixed Peppers in a Lobster Saffron Broth S (D)

**Option 2:** Tender Swiss Steak Braised in Beef Broth with Tomato Onion Gravy, Mashed Potatoes, and Fresh Steamed Broccoli

**Additional Entrée Selections** Options 3 - 6 listed on back of Menu

# Arbor Menu

#### (Page 2) Dining Room 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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- Side Iceberg Salad
- Soup: Turkey Chili 📀

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- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt

• Un Sweetened Apple Sauce

Canned Reduced Sodium Soups
Desserts

Saturday: Vanilla Cupcakes with Chocolate Frosting

Sunday: Warm Banana Bread Pudding with Vanilla Ice Cream

### 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**

# <u>Saturday, May 3rd</u>

#### Soup of the Day: Chicken Velvet 📀

**Option 1:** Chicken & Stuffing Bake with Creamy Mushroom Sauce and Buttered Peas & Carrots

**Option 2:** Stuffed Baked Potato with Taco Seasoned Ground Beef, Cheddar Cheese, Tomato Salsa, Sour Cream, and Beans & Rice **G** 

## Sunday, May 4th

#### Soup of the Day: Lemony White Bean & Potato 🗊

**Option 1:** Greek Chilled Shrimp Salad with Mixed Greens, Fresh Tomatoes, Olives, Red Onion, Cucumber, Feta Cheese, **()** and Warm Pita Bread served with Greek Dressing on the side **()** 

**Option 2:** Grilled Vegetarian Black Bean Burger with Lettuce, Tomato, Avocado, and Red Bell Pepper Mayo served with French Fries

# **Additional Entrée Selections**

**Option 3**: Roasted Marinated Vegetable Plate with Market Vegetables, Portobella Mushrooms, Quinoa, DMozzarella (Served with or Without Chicken)

**Option 4:** Iceberg Lettuce Salad with Grilled Chicken, Chopped Bacon, Cherry Tomatoes, Crumbled Gorgonzola Cheese, and French Fried Onion served with Home Made Bacon Ranch Dressing **G** 

**Option 5:** Fried Chicken Wings with Steakhouse Potato Salad, Chilled Mixed Vegetables, and Ranch Dipping Sauce on the side

**Option 6**: Eggplant Parmesan with Mozzarella Cheese served over Pasta with Basil Marinara Sauce and Steamed Italian Green Beans (Available **G**)

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.

### Sandwiches:

Served on Wheat Bread with Potato Chips

Grilled Cheese Sandwich

Peanut Butter & Jelly Sandwich

### <u>The Grill:</u>

Grilled Chicken Breast **or** Chicken Tenders with Ranch Dressing served with Fresh Vegetables Hot Dog with Ketchup & Mustard served with Potato Chips