



Arbor Menu

Week of April 28th

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 French Roll *
- Side Iceberg Salad
- Soup: Turkey Chili 

Always Available

- 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

 500mg Sodium or less
& Low Sat Fat

 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  

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

.....
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  

.....
Wednesday, April 30th:


Soup of the Day: Chilled Strawberry  

Option 1: Baked North Atlantic Haddock topped with Roasted Garlic Aioli and Lemon Bread Crumbs served with Cranberry Quinoa & Steamed Green Beans  

Option 2: Grilled Chicken Pomodoro Linguine with Crushed Tomatoes, Garlic, Basil, Olive Oil, and Toasted Pinenuts served with Roasted Eggplant Medley (Available  )

.....
Thursday, May 1st:

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   

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

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted *

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

Always Available

- 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

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

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, May 3rd

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

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, Mozzarella (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

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)

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