



Arbor Menu

Week of April 7th

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 Garlic Poppysseed Rolls
- Side Italian Salad (GF w/o Croutons)
- Weekly Soup: Lemon Chicken and Wild Rice

Always Available

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

Desserts

Monday: Lemon Bars with Raspberry Melba Sauce

Tuesday: Cherry Pie

Wednesday: Chocolate Pudding Cake

Thursday: Lemon Cheesecake Cutie Pies

Friday: Peanut Butter Cream 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

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added

D Dairy Free

500mg Sodium or Below

GF Gluten Free

Daily Entrée Selections

Monday, April 7th:

Soup of the Day: Spring Onion

Option 1: Broiled Shrimp & Creamy Grits with Parmesan Cheese, Bacon, Green Onion, and Roasted Carrots

Option 2: Slow Cooked Swedish Meatballs with Redskin Mashed Potatoes, Mushroom Gravy, Mixed Squash, and Cranberry Sauce

Tuesday, April 8th:

Soup of the Day: Beef & Bean Chili

Option 1: Seared Seasoned Louisiana Catfish with Roasted Yukon Gold Potatoes and Steamed Asparagus

Option 2: Grilled German Bratwurst with Braised Red Cabbage and Potato & Cheese Stuffed Perogies

Wednesday, April 9th:

Soup of the Day: Cauliflower, Corn, & Blue Cheese

Option 1: Grilled Honey Balsamic Glazed Atlantic Salmon served with a Sweet Potato Hash and Fresh Asparagus Vegetable Medley

Option 2: Baked Chicken Parmesan with Provolone & Parmesan Cheese, Angel Hair Pasta, Basil Marinara Sauce, and Oven Roasted Italian Vegetables

Thursday, April 10th:

Soup of the Day: Pasta Fagioli

Option 1: Fried Coconut Crusted Shrimp with Sweet & Sour Orange Dipping Sauce, Steamed Basmati Rice, and Mixed Asian Vegetables

Option 2: Slow Cooked Chicken Coq Au Vin (French Stew) with Red Wine, Mushrooms, Bacon, and Pearl Onions served with Mashed Potatoes & Roasted Carrots

Friday, April 11th:

Soup of the Day: Chicken Tortilla

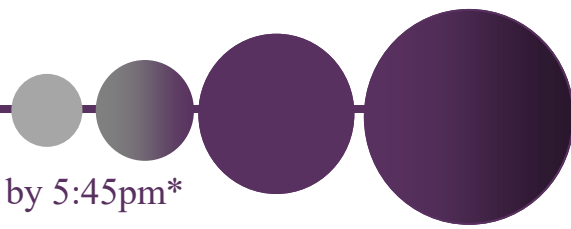
Option 1: Hand Dipped Beer Battered Fried Fish Basket served with French Fries, Fresh Lemon, Home Made Tartar Sauce, and Creamy Cole Slaw

Option 2: Grilled Sirloin Steak Frites with Garlic Butter, Rosemary Fries, and Roasted Asparagus

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 Baked Garlic Poppysseed Rolls
- Side Italian Salad
- Weekly Soup: Lemon Chicken and Wild Rice 

Always Available

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

Desserts

Saturday: Chocolate Cream Pie

Sunday: Butterscotch Pudding

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


Midnight Caramel River

*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, April 12th

Soup of the Day: Cream of Spinach


Option 1: Chicken ala king with Fresh Mushrooms, Carrots, Sweet Peas, and Cream served over Puff Pastry

Option 2: Stuffed Baked Potato with Seasoned Ground Beef, Cheddar Cheese Sauce, Chopped Tomato, and Green Onion served with Sour Cream and Steamed Broccoli 



Sunday, April 13th



Soup of the Day: Tuscan Bean 

Option 1: Grilled Chicken & Butternut Squash Ravioli with Sage Garlic Cream Sauce served with Steamed Broccoli

Option 2: Chilled Honey Pecan Chicken Salad with Granny Smith Apples, Nuts, Mixed Greens, Fresh Baked Warm Muffin, and Fruit & Vegetable Garnish 

Additional Entrée Selections

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

Option 4: Grilled Chicken Italian Salad with Fresh Romaine Lettuce, Cannellini Beans, Shredded Carrots, Cherry Tomatoes, and Shredded Mozzarella Cheese served with Garlic Croutons and Zesty Italian Dressing  

Option 5: Rigatoni Pasta with Meat Sauce Bolognese served with a Garlic Bread Stick and Italian Green Beans

The Arbor Dining Room will be renovated with new carpet & flooring beginning April 11th.

During this time, Our Meadows residents will be served Breakfast, Lunch & Dinner in the Trellis Dining Room at normal dining hours.

Breakfast 7:30-10:00 am, Lunch 11:30am -1:00pm and Dinner 4:00pm – 6:00pm

The Trellis Dining Room will open for Maples Residents beginning at 5:00pm. We ask that you let us accompany the Meadows residents from 4:00pm to 5:00pm and refer from having guests. No Change for Bistro. Bistro opens at 4:30pm for dinner as usual.