Arbor Menu

### Week of May 26th

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

# **Featured Starters**

**Please Choose up to Three Starters** All Starters Gluten Free <u>Unless</u> Noted \*

- Fresh Baked Assorted Rolls \*
- Side Blueberry Salad
- · Side Grandmas Potato Salad
- Fresh Fruit: Mixed Grapes
- Weekly Soup: Chilled Gazpacho 🚫 💿

# <u>Always Available</u> 📀

- · Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- · Low Fat Cottage Cheese
- Low Fat Yogurt

### **Desserts**

Monday: Fruit Pie Tuesday: Cherry Bread Pudding

Wednesday: Ding Dong Cake

Thursday: Black Berry Lime Cake

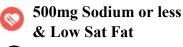
Friday: Peanut Butter Cream Pie

# Ice Cream 🗗

RF NSA Vanilla RF NSA Chocolate RF NSA Turtle Sundae RF NSA Butter Pecan Dark Chocolate Raspberry Road Runner Raspberry Cappuccino Crunch Raspberry Sherbet Midnight Caramel River

**RF** Reduced Fat

NSA No Sugar Added



**GF** Gluten Free

Dairy Free

# **Dinner Entrée Selections**

Monday, May 26th: Memorial Day Join us for our Picnic from 11:30am to 1pm Soup of the Day: Quinoa Vegetable © Option 1: Fried Popcorn Shrimp with Lemon, Steamed Broccoli, White Rice, and Zesty Cocktail Sauce

Option 2: Grilled BBQ Chicken Drum Stick with Baked Beans, Corn on the Cobb, (1) and Cheddar Cornbread Tuesday, May 27th:

#### Soup of the Day: Pasta Fagioli Option 1: House Smoked Fish Cakes with Fresh Dill Aioli, Wild Rice Pilaf, and Steamed Peas & Carrots 📀 💿

Option 2: Traditional Spaghetti with Meat Sauce, Mixed Zucchini & Squash, (1) and Grated Parmesan Cheese (available (1)) Wednesday, May 28th:

Soup of the Day: Creamy Tomato Basil Option 1: Seared Artic Char Almondine with Sliced Almonds, Lemon, and Parsley served with Roasted New Potatoes and Sauteed Spinach with Tomatoes D& Parmesan SG

**Option 2:** Sauteed Chicken Piccata with Lemon Caper Mushroom Butter, Mashed Potatoes, and Roasted Broccolini

Thursday, May 29th:

Soup of the Day: Chicken Noodle Option 1: Oven Roasted Atlantic Cod with Seasoned Bread Crumbs, Mashed Potatoes, Carrots, and New England Chowder Sauce

**Option 2:** Baked Shepherd's Pie with Lean Beef and Broth, Carrots, Celery, Onions, and Peas topped with Mashed Potatoes

Friday, May 30th:

#### Soup of the Day: Hungarian Mushroom

**Option 1:** Pan Seared Chicken Cutlets with Marsala Wine Sauce, Mushrooms, Wild Rice Pilaf, and Fresh Vegetable Medley

**Option 2:** Baked Lasagna with Ground Beef, Tomato Basil Sauce, Ricotta and Mozzarella Cheese served with Italian Green Beans and Garlic Toast

# **Additional Entrée Selections**

### **Options 3 – 6 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 Assorted Rolls \*
- Side Blueberry Salad
- Side Grandmas Potato Salad
- Fresh Fruit: Mixed Grapes

# Always Available 💿

- · Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- · Low Fat Cottage Cheese
- · Low Fat Yogurt

#### Desserts

**Saturday: Custard Pie** Sunday: Orange Soak Cake

## Ice Cream **G**

**RF NSA Vanilla** 

- **RF NSA Chocolate**
- **RF NSA Turtle Sundae**
- **RF NSA Butter Pecan**

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

**Cappuccino Crunch** 

**Raspberry Sherbet** 

**Midnight Caramel River** 

# Saturday, May 31st

#### Soup of the Day: Bacon Corn Chowder 🙃

**Option 1:** Penne Pasta Primavera with Mixed Garden Vegetables, Legumes, (i) and Parmesan served in an Olive Oil, Garlic, & Herb Sauce 🚫 (available 🔂 )

**Option 2:** Toasted French Dip Sandwich with Roast Beef, (D) Provolone Cheese, Ajus Dipping Sauce, and Seasoned French Fries

# · Weekly Soup: Chilled Gazpacho O Sunday, June 1st

#### Soup of the Day: Wedding 🚫

**Option 1:** Chilled Marinated Shrimp Salad with Butter Lettuce, Corn, Avocado, Bacon, Bell Pepper, (D) and Goat Cheese served with Cilantro Lime Ranch Dressing 🚫 🔂

**Option 2:** Sweet & Sour Tempura Chicken with a Vegetable Spring Roll, Steamed Jasmine Rice, and Mixed Asian Vegetables (D)

# Additional Entrée Selections

#### We Apologize Options 5 & 6 are *Not* Available on **Memorial Day**

**Option 3**: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Tempeh (D) and Mozzarella Cheese (Available with Grilled Chicken or Salmon) 🚫 🕞

**Option 4:** Grilled Chicken Salad with Fresh Romaine Lettuce, (D) Goat Cheese, Blueberries, Sliced Almonds, and Poppyseed Vinaigrette Dressing 🚫 🕞

**Option 5**: Shredded Chicken Nachos with Tri Colored Corn Tortilla Chips, (D) Cheese Queso, Chopped Lettuce, Black Olives, Salsa, and Sour Cream served with Rice & Beans G

**Option 6:** Grilled Atlantic Salmon with Fresh Basil Pesto, Roasted Potatoes, and Fresh Vegetable Medley 🚫 GP 💿

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.



### Please Join us for our Memorial Day Picnic!

Monday, May 27th 11:30am—1pm

Arbor Dining Room Residents = Meal Exchange

Guest Charge = \$25

We wish you a meaningful Memorial Day!