



# Arbor Menu



Week of May 26th

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

## Always Available

- 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

 500mg Sodium or less  
& Low Sat Fat

 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,   and Cheddar Cornbread

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**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,  and Grated Parmesan Cheese (available )

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**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  & Parmesan  

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

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**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

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**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
- Weekly Soup: Chilled Gazpacho  

## 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

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

*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.*

## Saturday, May 31st




**Soup of the Day: Bacon Corn Chowder **


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

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

## Sunday, June 1st




**Soup of the Day: Wedding **


**Option 1:** Chilled Marinated Shrimp Salad with Butter Lettuce, Corn, Avocado, Bacon, Bell Pepper,  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 

## 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  and Mozzarella Cheese (Available with Grilled Chicken or Salmon)  

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

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

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



**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!**