

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three</u> Starters 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 Mint & Berry Salad 🚫
- Soup: Carrot Bisque 🚫

<u>Always Available 🛇</u>

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

Desserts

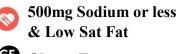
Monday: Pound Cake with Lemon Icing Tuesday: Strawberry Rhubarb Pie Wednesday: Tres Leche Cake Thursday: Chocolate Chip Cake Friday: Buttercream Orange Tarts

Ice Cream @

RF NSA Vanilla RF NSA Chocolate RF NSA Turtle Sundae RF NSA Butter Pecan Dark Chocolate Raspberry Cappuccino Crunch Road Runner Raspberry Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added



- G Gluten Free
- Dairy Free

Daily Entrée Selections

Monday, May 5th:

Soup of the Day: Ramen Noodle

Option 1: Seared Artic Char with Cucumber Pomegranate Salsa, Baked Potato, and Steamed Asparagus Almondine S ()

Option 2: Baked Maple Glazed Ham with Whipped Sweet Potatoes and Roasted Brussel Sprouts **G**

Tuesday, May 6th:

Soup of the Day: Vegetable 🚫

Option 1: Asian Style Meatballs with Steamed Basmati Rice, Pineapple, Sugar Snap Peas, Mixed Peppers, and Green Onions in Sweet & Sour Sauce (D)

Option 2: Pulled BBQ Pork with Home Made Mac & Cheese, Buttered Corn on the Cobb, and Creamy Slaw Wednesday, May 7th: Join us for Our Cinco de Mayo Dinner

Soup of the Day: Pozole "Traditional Pork Stew"

Option 1: Chile Lime Salmon with Avocado Mango Salsa, Mexican Rice, and Fresh Zucchini, Corn, & Pepper Medley () (D)

Option 2: Shredded Beef Tamales served in a Corn Husk with Mexican Rice and Zucchini, Corn, & Pepper Medley Thursday, May 8th:

Soup of the Day: Pizza Supreme

Option 1: Mary's Shrimp Boil with Seasoned Shrimp, Potatoes, Sausage, and Sweet Corn on the Cobb **G** served with a Fresh Baked Corn Muffin **D**

Option 2: Sauteed Chicken Piccata with Lemon Caper Mushroom Butter, Roasted Yellow Potatoes, and Steamed Green Beans

Friday, May 9th:

Soup of the Day: Chili G

Option 1: Seared Lake Superior Whitefish with Michigan Bean Compote and Sauteed Spinach with Fresh Tomatoes 💿 🗊 💿

Option 2: Maple Glazed Pork Tenderloin with Peach Chutney, a Harvest Blend of Cous Cous, Orzo, Garbanzo Beans, and Quinoa served with Steamed Broccoli 🛇 🕞 🗩

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

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- · Low Fat Yogurt
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- · Canned Reduced Sodium Soups

Desserts

Saturday: Baked Warm Cookies Sunday: Lemon Bars

Ice Cream

RF NSA Vanilla RF NSA Chocolate RF NSA Turtle Sundae RF NSA Butter Pecan Dark Chocolate Raspberry Cappuccino Crunch Road Runner Raspberry Rainbow Sherbet

Saturday, May 10th

Soup of the Day: Stuffed Green Pepper

Option 1: Fresh Tuna Salad Croissant served with Potato Chips and Tomato Cucumber Salad

Option 2: Philly Cheesesteak Pasta with Beef, Peppers, Onions, and Mushrooms served in a Parmesan Garlic Cream Sauce

Sunday, May 11th

Happy Mother's Day!

Soup of the Day: Cheesy Wild Rice

Option 1: Fried Coconut Shrimp with Orange Marmalade Dipping Sauce, Sweet Potato Fries, and Tropical Fruit Salad

Option 2: Herb Marinated Chicken Breast with Fig Balsamic Glaze, Wild Rice Pilaf, and Fresh Vegetable Medley OGO

Additional Entrée Selections

We apologize Options 5 & 6 are not available on May 7th or 11th

Option 3: Grilled Marinated Vegetable Plate with Spring Vegetables, Portobella Mushrooms, Farro Salad, (D) and Mozzarella Cheese (served with or without Grilled Chicken) (S) (G)

Option 4: Grilled Chicken and Romaine Lettuce Salad with Fresh Berries, D Goat Cheese, Mint, and Sliced Almonds served with Herb Balsamic Dressing S G

Option 5: Slow Cooked Open Faced Italian Beef Sandwich cooked with Mild Pickled Vegetables served with Mashed Potatoes and Roasted Carrots

Option 6: Mediterranean Chicken Bowl with Roasted Red Pepper Hummus, Tomato, Cucumber, Onion, and Tabbouleh Parsley Salad OGO

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.

Please Join Us for Two Exciting Events This Week!

Cinco de Mayo Mixer Dinner

Wednesday, May 7th 4pm

Arbor Dining Room

Mother's Day Buffett

Sunday, May 11th 11am—1pm Arbor, Bistro, & Trellis