



Arbor Menu



Week of May 5th

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 Mint & Berry Salad 
- Soup: Carrot Bisque 

Always Available




- 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
-  500mg Sodium or less
& Low Sat Fat
-  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   

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

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 

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   

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 
served with a Fresh Baked Corn Muffin 

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 

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

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- Fresh Baked Assorted Rolls
- Side Mint & Berry Salad 
- Soup: Carrot Bisque 

Always Available

- 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

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   




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,  and Mozzarella Cheese (served with or without Grilled Chicken)  

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

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   

*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