



Arbor Menu

Week of June 16th

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 *

- Baked Garlic Poppyseed Rolls *
- Side Garden Salad
- Fresh Fruit: Blueberry & Mango
- Weekly Soup: Chilled Gazpacho

Always Available

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

Desserts

Monday: Lemon Blueberry Tart

Tuesday: Strawberry Cheesecake Bars

Wednesday: Memaw’s Lemon
Sunshine Cake




Thursday: Fruit of the Forest Pie

Friday: Chocolate Bundt 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
- Midnight Caramel River




RF Reduced Fat
NSA No Sugar Added


-  500mg Sodium or less
& Low Sat Fat
-  Gluten Free
-  Dairy Free

Daily Entrée Selections

Monday, June 16th: **Happy Birthday Susan!**

Soup of the Day: Lemon Orzo 



Option 1: Baked Atlantic Cod  with Lemon - Parsley Bread Crumbs, Herb Roasted Redskin Potatoes, and Sauteed Green Bean, Zucchini & Squash Medley  

Option 2: Oven Baked Greek Chicken Thighs with Spinach Lemon Rice and Roasted Red & Yellow Beets with Basil  and Feta Cheese  

.....
Tuesday, June 17th:

Soup of the Day: Chicken Noodle 



Option 1: Southern Fried Pork Chop with Mashed Potatoes, Gravy, and Braised Collard Greens with Ham

Option 2: Baked Chicken Caprese with Fresh Basil, Ripe Tomatoes, Mozzarella Cheese, and Balsamic Syrup  served with Basil Mashed Potatoes & Grilled Zucchini 

.....
Wednesday, June 18th:

Soup of the Day: Tomato, Bacon, & Basil

Option 1: Grilled Atlantic Salmon with Eggplant & Roasted Red Pepper Relish,  Warm Panzanella Bread Salad and Steamed Asparagus  

Option 2: Grilled Bratwurst  with Homemade Spätzle,  Brown Gravy, and Sauerkraut with Bacon, Apple, and Caraway Seed

.....
Thursday, June 19th:




Soup of the Day: Hamburger Vegetable 

Option 1: Gulf Shrimp Piccata with Linguine Noodles, Lemon Caper Mushroom Butter, and Steamed Broccoli

Option 2: Baked Meatloaf with Roasted Tomato - Balsamic Glaze, Mashed Potatoes, Gravy, and Roasted Italian Vegetables

.....
Friday, June 20th:

Soup of the Day: Chicken Velvet 

Option 1: Seared Louisiana Spiced Catfish with Corn & Black Bean Salsa, New Orleans Rice Pilaf & Maples Glazed Carrots   

Option 2: Birra Quesadilla with Tender Beef, Cheese and Rich Consume Dipping Sauce served with Refried Beans and Mexican Street Corn Salad

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

Arbor Menu

(Page 2) Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:30pm *Please be seated by 6:00pm*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- **Baked Garlic Poppyseed Rolls ***
- **Side Garden Salad**
- **Fresh Fruit: Blueberry & Mango**
- **Weekly Soup: Chilled Gazpacho**

Always Available

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

Desserts

Saturday: Warm Chocolate Chip Cookies

Sunday: Nutty Cones

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, June 21st




Soup of the Day: Miso




Option 1: Chicken Pot Pie with Fresh Carrots, Celery, Peas, Onion, and Cream serve with a Petite Caesar Salad

Option 2: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Cranberry Kale and Broccoli Slaw




Sunday, June 22nd




Soup of the Day: Black Bean

Option 1: Grilled Lemon Pepper Lake Trout with Roasted Potatoes and Steamed Vegetable Medley   




Option 2: Grilled Chicken Breast with Warm Pear Chutney,  Mashed Potatoes, and Steamed Broccoli  

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Fresh Romaine Lettuce, Shredded Carrots, Cucumber, Tomatoes,  and Garlic Croutons   served with 1000 Island Dressing

Option 5: All Beef Hamburger served with Fresh Leaf Lettuce, Tomato, Pickle Spear, French Fries, and Creamy Cole Slaw

Option 6: Chilled Gulf Shrimp Cocktail Platter with Dill Potato Salad  and Ancient Grain with Dried Fruit Salad  

Sandwiches:

Served on Wheat Bread with Potato Chips

Grilled Cheese Sandwich

Peanut Butter & Jelly Sandwich

The Grill:

Grilled Chicken Breast **or** Chicken Tenders with Ranch Dressing served with Fresh Vegetables

Hot Dog with Ketchup & Mustard served with Potato Chips