Arbor Menu

#### Week of June 30th

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 Unless Noted \*

- Fresh Baked French Rolls \*
- Side Blueberry Salad
- Fresh Fruit: Mixed Grapes
- · Weekly Soup: Chilled Strawberry

#### <u>Always Available</u> 📀

- · 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 Bars with Melba Sauce Tuesday: Angel Food Cake with Blueberry Sauce

Wednesday: Banana Crumb Cake

Thursday: Kitchen Sink Bundt Cake

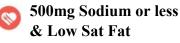
Friday: Apple Pie

#### Ice Cream 🗗

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

**RF** Reduced Fat

NSA No Sugar Added



**GP** Gluten Free

Dairy Free

# **Dinner Entrée Selections**

Monday, June 30th: Soup of the Day: Philly Cheesesteak Soup Option 1: Bacon Wrapped BBQ Shrimp Skewer with Honey Roasted Carrots and DRoasted Red Pepper Cornbread

**Option 2:** Pork & Vegetable Egg Rolls with Fried Rice

with Egg, Carrots, and Peas served with Asian Slaw **Tuesday, July 1st:** 

Soup of the Day: Taco Supreme Option 1: Broiled Lake Superior Whitefish with Home Made Tartar Sauce, Asparagus Medley, and Baked Potato with Chive Sour Cream S G

Option 2: Beef & Broccoli Stir Fry with Ginger Garlic

Sauce and Steamed Brown Rice S C Wednesday, July 2nd:

Soup of the Day: Cheesy Potato & Bacon Option 1: Seared Salmon with Sundried Tomato Pesto, Roasted New Potatoes, and Sauteed Spinach with Tomatoes () and Parmesan Cheese () ()

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

Thursday, July 3rd:

Soup of the Day: Turkey & Wild Rice S G Option 1: Oven Roasted Atlantic Cod with Seasoned Bread Crumbs, Mashed Potatoes, Carrots, and New England Chowder Sauce S G

**Option 2:** Pan Fried Pork Cutlets with Marsala Wine Sauce, Mushrooms, Egg Noodles, and Fresh Vegetable Medley

Friday, July 4th: Happy Independence Day! Join us for our Picnic from 11:30am to 1pm

**Option 1:** Salad Trio of Cranberry Chicken, Egg, and Tuna served over Mixed Greens with Fresh Fruit and Baked Breakfast Bread

**Option 2:** House Smoked Beef Brisket Sandwich served with Baked Beans and Pickle Fries<sup>(D)</sup>

## **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**

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- Fruit Cocktail
- · Low Fat Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce

#### **Desserts**

Saturday: Gingerbread Cake Sunday: Cherry Pie

## Ice Cream G

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

**Rainbow Sherbet** 

# Saturday, July 5th

#### Soup of the Day: Split Pea with Ham 🕣

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

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

## Sunday, July 6th

#### Soup of the Day: Beef Vegetable 🚫

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

**Option 2:** Stuffed Baked Potato with Taco Seasoned Ground Beef, Cheddar Cheese, Tomato Salsa, Sour Cream & Refried Beans **G** 

#### Additional Entrée Selections We Apologize Options 5 & 6 are Not Available on Independence Day

**Option 3**: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Tempeh () and Mozzarella Cheese (Available with Grilled Chicken) () GF

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

**Option 5**: Baked Hawaiian Pizza with Pizza Sauce, Ham, Crispy Bacon, Mozzarella Cheese, and Fresh Pineapple (available **G**)

**Option 6:** Grilled Atlantic Swordfish with Fresh Basil Pesto, Roasted Potatoes, and Steamed Vegetable Medley S G D

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.

