



# Arbor Menu

Week of June 30th

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

## 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 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

 500mg Sodium or less  
& Low Sat Fat



 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   Roasted Red Pepper  
Cornbread

**Option 2:** Pork & Vegetable Egg Rolls with Fried Rice  
with Egg, Carrots, and Peas served with Asian Slaw 

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**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  

**Option 2:** Beef & Broccoli Stir Fry with Ginger Garlic  
Sauce and Steamed Brown Rice   

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**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

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**Thursday, July 3rd:**


**Soup of the Day: Turkey & Wild Rice**  

**Option 1:** Oven Roasted Atlantic Cod with Seasoned  
Bread Crumbs, Mashed Potatoes, Carrots, and New  
England Chowder Sauce  

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

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**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 

## 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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*All Starters Gluten Free Unless Noted \**

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- Side Blueberry Salad
- Fresh Fruit: Mixed Grapes
- Weekly Soup: Chilled Strawberry

## Always Available

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

## Desserts

Saturday: Gingerbread Cake

Sunday: Cherry 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

*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.*

**Please Join Us for Our 4th of July Picnic!**

**Friday, July 4th 11:30am-1pm**

**In the Arbor Dining Room**




Residents = Meal Exchange


Guest = \$25

Reserved Recommended for Residents with Guests

## 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,  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,  and Goat Cheese served with Cilantro Lime Ranch Dressing  


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

## 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)  

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

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

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