



Arbor Menu

Week of June 8th

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 Salad: Blueberry & Feta
- Featured Starter: German Cucumber Salad
- Weekly Soup: Lemon Orzo Chicken *

Always Available

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

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Key Lime Bomb
5. Strawberry Shortcake (Available)

Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Turtle Sundae
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry
- Salted Brownie Sundae

RF Reduced Fat

NSA No Sugar Added

500mg Sodium or less & Low Sat Fat

Gluten Free

Dairy Free

Dinner Entrée Selections

Monday, June 8th:

Soup of the Day: Chicken Noodle

Option 1: Fried Chicken & Waffles with Warm Butter, Maple Syrup, and Fresh Fruit

Option 2: Stuffed Jumbo Shells with Spinach, Ricotta, and Romano Cheese served with Meat Sauce and Green Beans

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Tuesday, June 9th:

Soup of the Day: Chilled Strawberry

Option 1: Shrimp with Mango Salsa, Rice, and Sesame Snow Peas

Option 2: Grilled Chicken with Wild Mushroom, Lemon Capers Butter, Pasta, and Asparagus (available)

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Wednesday, June 10th:

Soup of the Day: Tomato, Bacon, Basil

Option 1: Orange Roughy with Tartar Sauce, Baked Potato, and Roasted Ginger Carrots

Option 2: Pork Egg Rolls with Asian Slaw, Vegetable Fried Rice, and Sweet Plum Sauce

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Thursday, June 11th:

Soup of the Day: Hamburger Vegetable

Option 1: Baked Cod with Lemon Bread Crumbs, Roasted Potatoes, and Broccoli & Cauliflower Medley (available)

Option 2: Boneless Pork Loin Chop with Apple, Cranberry, & Walnut Stuffing, Gravy, and Squash

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Friday, June 12th:

Soup of the Day: Chili

Option 1: Broiled Shrimp Cakes with Lemon Dill Sauce, Rice, and Asparagus

Option 2: Beef Stroganoff with Mushroom Gravy over Egg Noodles with Green Beans

Additional Entrée Selections

Options 3 – 6 listed on back of Menu

Arbor Menu

(Page 2) Summer Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:30pm *Please be seated by 6:15pm*

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

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Ice Cream

RF NSA Vanilla & Chocolate

RF NSA Turtle Sundae

Road Runner Raspberry

Cappuccino Crunch

Midnight Caramel River

Mint Chocolate Chip

Black Cherry Fudge

Dark Chocolate Raspberry

Salted Brownie Sundae

**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.*

Saturday, June 13th:



Soup of the Day: Cream of Mushroom

Option 1: Chicken Wings served with Potato Salad, Raw Carrots, Celery,  and Ranch Dipping Sauce

Option 2: Ham and Scalloped Potato Casserole served with Steamed Green Beans 




Sunday, June 14th:




Soup of the Day: Creamy Potato Dill


Option 1: Tuna Salad Plate with Mixed Greens, Hardboiled Egg, Tomato Wedges,  Cottage Cheese, and a Warm Fresh Baked Muffin (available )




Option 2: Baked Potato with Diced Chicken and Ham topped with a Swiss Cheese Sauce served with Steamed Broccoli

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Mixed Greens, Fresh Blueberries,  Feta Cheese, and Sliced Almonds served with Fat Free Raspberry Vinaigrette Dressing  

Option 5: Baked Pepperoni and Cheese Pizza served with Chopped Italian Salad (available )

Option 6: Spiced Catfish with Rice Pilaf, Sweet Corn, Bell Peppers, Onions, and Tomatoes with Cajun Tartar Sauce on the side   

Summer Eats: Did You Know?

Cucumbers are 95% water.

As part of your diet, cucumbers can help hydrate you. Along with cucumbers, other vegetables high in water content are lettuce, celery, bok choy, radish, zucchini, green bell peppers, and asparagus.