



Arbor Menu



Week of July 14th

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 Garden Salad
- Fresh Fruit: California Peaches 
- Weekly Soup:
Chilled Mango-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: Pound Cake with Mixed Berry Sauce

Tuesday: Fruit of the Forest Pie

Wednesday: Chocolate Bread Pudding




Thursday: 7 Up Bundt Cake

Friday: Banana Cream Pie

Ice Cream


- RF NSA Chocolate
- RF NSA Turtle Sundae & Butter Pecan
- Vanilla Bean & Strawberry
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- 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, July 14th:



Soup of the Day: Ham Bone 




Option 1: Grilled Chicken Pasta with Alfredo Parmesan Cream Sauce and Steamed Broccoli

Option 2: Stir Fry Beef Sirloin with Brown Rice, Soy & Ginger Garlic Sauce, Snow Peas, Carrots, Broccoli, Sweet Peppers, and Toasted Sesame Seeds  

Tuesday, July 15th:



Soup of the Day: Minestrone 

Option 1: Shrimp Fajitas with Sauteed Mixed Bell Peppers, Onions, Guacamole, and Tomato Salsa  served with Warm Flour Tortillas, Red Beans, and Rice 

Option 2: Grilled Pork Tenderloin with Peach Salsa,  Mashed Potatoes, and Roasted Asparagus  

Wednesday, July 16th:


Soup of the Day: Beef & Mushroom Barley 

Option 1: Fried Perch with Shoe String French Fries, Creamy Slaw, Lemon, and  Home Made Tartar Sauce (available 

Option 2: Spaghetti with Meat Sauce Marinara, Garlic Bread Stick,  Parmesan Cheese, and Steamed Green Beans (available 

Thursday, July 17th:



Soup of the Day: Creamy Chicken & Rice

Option 1: Seared Lake Superior Whitefish Piccata with Lemon Caper Mushroom Butter, Redskin Potatoes, and Steamed Broccoli  

Option 2: Sliced Sirloin Beef  with Fresh Basil Butter, White Cheddar Mashed Potatoes, and Roasted Carrots 

Friday, July 18th:

Soup of the Day: Chicken Tortilla  ( w/o Tortilla Strips)

Option 1: Chicken Cacciatore with Red Peppers, Tomato, and Onions  served with Creamy Parmesan Polenta and Roasted Vegetable Medley 

Option 2: House Smoked BBQ Pulled Pork with Corn on the Cobb, Creamy Cole Slaw,  and Loaded Potato 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 **

- Fresh Baked Assorted Rolls *
- Side Garden Salad
- Fresh Fruit: California Peaches 
- Weekly Soup:
Chilled Mango-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

Saturday: Twix Brownie



Sunday: Cookie Sundae



Ice Cream

- RF NSA Chocolate
- RF NSA Turtle Sundae & Butter Pecan
- Vanilla Bean & Strawberry
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River

Saturday, July 19th

Soup of the Day: Tomato



Option 1: Grilled Lake Trout with Pancetta Mustard Vinaigrette, Roasted Potatoes, Asparagus Medley,  and Fried Onions 

Option 2: Honey Pecan Chicken Salad with Granny Smith Apples, Celery, Onion, and Mayonnaise   served over Fresh Greens with a Baked Muffin and Fruit Garnish




Sunday, July 20th




Soup of the Day: Cream of Broccoli


Option 1: Chilled Greek Shrimp Pasta Salad with Cucumber, Black Olives, Red Onions, Tomatoes, Mild Peppers, and Feta Cheese 




Option 2: Crispy Baked Chicken Thighs with Apple Chutney, Roasted Yellow Potatoes, and Zucchini, Squash, Corn, & Tomato Medley   

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Fresh Greens, Shredded Carrots, Watermelon Radish, Cherry Tomatoes,   and Garlic Croutons  served with Home Made Ranch Dressing

Option 5: Baked Three Cheese Flatbread Pizza with Fresh Basil Pesto, Tomatoes, Mozzarella, Parmesan, and Goat Cheese (available 

Option 6: Grilled Salmon Salad with Orange Segments, Red Peppers, and Ginger Citrus Vinaigrette Dressing   

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.

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