



Arbor Menu

Week of July 20th

*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 Garlic Poppyseed Rolls ***
- **Weekly Salad: Garden Ranch**
- **Featured Starter: Mixed Melon** 
- **Weekly Soup: Chilled Gazpacho** 
- **Soup of the Day: As Listed**
- **Banana, Apple, or Orange**
- **Mandarin Oranges or Peaches**
- **Low Fat Cottage Cheese or Yogurt**

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Flourless Chocolate Fudge Cake 
5. Fresh Berry Custard Flan

Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Butter Pecan
- Brown Butter Bourbon Truffle
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, July 20th:

Soup of the Day: Sweet Corn Chowder

Option 1: Handmade Shrimp & Cheese Ravioli with Sundried Tomatoes, Baby Spinach, Fresh Corn, and Preserved Lemon Butter Sauce

Option 2: Sirloin Beef & Broccoli Stir fry with Ginger, Garlic, Sesame, Soy Sauce, and Steamed Brown Rice  

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Tuesday, July 21st:

Soup of the Day: Potato & Bacon

Option 1: Low Country Shrimp Boil with Smoked Sausage, Red Potatoes, Corn on the Cobb, Red Onion, , and Garlic Toast  

Option 2: Oven Baked Turkey Meatloaf  with Mashed Potatoes, Mushroom Gravy, and Roasted Carrots

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Wednesday, July 22nd:

Soup of the Day: Queso Tortilla 

Option 1: Cornmeal Encrusted Lake Superior Whitefish with Garlic Chive Oil, Michigan Bean Salad, and Sautéed Spinach 

Option 2: All American Cheeseburger served on Fresh Baked Bun with Seasoned Tater Tots and Creamy Cole Slaw ( w/o Bun) *No Substitutes Please*

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Thursday, July 23rd:

Soup of the Day: Roasted Red Pepper & Gouda  

Option 1: Grilled Atlantic Salmon  with French Beans and Tuscan Panzanella Salad with Tomatoes, Basil, Olive Oil, and Red Wine Vinegar  

Option 2: Baked Penne Pasta with Tomato Meat Sauce, Mozzarella & Parmesan Cheeses, Steamed Italian Green Beans, and Grilled Garlic Bread

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Friday, July 24th:

Soup of the Day: Italian Wedding

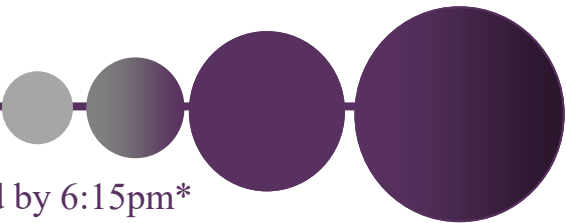
Option 1: Seared Rainbow Trout with Charred Lemon & Herbs served with Roasted Fingerling Potatoes and Sautéed Spinach   

Option 2: Braised Swiss Steak with Tomato Gravy, Bell Peppers, Carrots, Onions, and Celery  served with Mashed Potatoes and Asparagus

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

Featured Starters

Please Choose up to Three Starters

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- **Featured Starter: Mixed Melon** 
- **Weekly Soup: Chilled Gazpacho** 
- **Soup of the Day: As Listed**
- **Banana, Apple, or Orange**
- **Mandarin Oranges or Peaches**
- **Low Fat Cottage Cheese or Yogurt**
- **Un Sweetened Apple Sauce**

Dessert Menu

1. New York Style Cheesecake
2. Fresh Baked Fruit Pie
3. Peanut Butter Fudge Pie
4. Flourless Chocolate Fudge Cake 
5. Fresh Berry Custard Flan

Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Butter Pecan
- Brown Butter Bourbon Truffle
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Mint Chocolate Chip
- Black Cherry Fudge
- Dark Chocolate Raspberry

Saturday, July 25th

Soup of the Day: Vegetable Beef  

Option 1: Fried Cod Fish & Chips with Fresh Lemon, Creamy Slaw, and Homemade Tartar Sauce

Option 2: Mississippi Pot Roast with Slow Cooked Beef, Pickled Vegetables, Mashed Potatoes, and Gravy

Sunday, July 26th

Soup of the Day: Brunswick Stew 

Option 1: Chilled Shrimp “Louie” with Sliced Tomatoes, Deviled Egg, and Creamy Cole Slaw 

Option 2: Tex Mex Burrito Bowl with  Shredded Cheese, Ground Beef, Steamed Rice, Black Beans, Peppers, Onions, and Corn served with Sour Cream and Tomato Salsa 

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Summer Market Vegetables and  Mozzarella Cheese (available with or without Grilled Chicken)  

Option 4: Fried Coconut Shrimp Salad with Tropical Fruit Salsa, Steamed Basmati Rice, and Baby Carrots 

Option 5: Chilled Traditional Waldorf Chicken Salad Croissant with Walnuts, Grapes, Apples, Celery, and Mayonnaise served on Mixed Greens with a Fresh Fruit Salad ( w/o Croissant) 

Option 6: Savory Chicken Stew with Slow Cooked Onions, Carrots, Peas, Celery, and Cream served over Fresh Baked Buttery Biscuits

*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.*



Summer Eats: Did You Know?

Lettuce was once considered a sleep aid.

Some wild lettuces have a milky sap that has sedative properties. In the early days of the Roman Empire, lettuce was served at Roman feasts to help guests sleep. Ancient Greeks used wild lettuce for medicinal purposes, including as a remedy for pain.

