



Arbor Menu

Week of July 21st

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 *

- Baked Garlic Poppyseed Rolls *
- Side Asian Salad
- Fresh Fruit: Pears
- Weekly Soup: Vichyssoise (Chilled Potato Leek)

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: Assorted Fruit Pies
Tuesday: Lemon Blueberry Tiramisu
Wednesday: Strawberry Crunch Cake
Thursday: Heath Bar Cake
Friday: Strawberry Cream Pie

Ice Cream




- RF NSA Vanilla
RF NSA Chocolate
RF NSA Turtle Sundae
RF NSA Butter Pecan
Dark Chocolate Raspberry
Road Runner Raspberry
Cappuccino Crunch
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 21st:

Soup of the Day: Black Eye Pea



Option 1: Baked Atlantic Cod with Lemon - Parsley Bread Crumbs, Herb Roasted Redskin Potatoes, and Sautéed Green Bean, Zucchini, & Squash Medley  
(available )

Option 2: Grilled Greek Chicken Thighs with Spinach - Lemon Rice and Roasted Red & Yellow Beets  with Feta Cheese  

Tuesday, July 22nd:

Soup of the Day: Black Bean and Sausage 


Option 1: Southern Fried Pork Chop with Mashed Potatoes, Gravy, and Braised Collard Greens with Ham

Option 2: Baked Chicken Caprese with Fresh Basil, Ripe Tomatoes, Mozzarella Cheese, and Balsamic Syrup served with Basil Mashed Potatoes and Grilled Zucchini  

Wednesday, July 23rd:



Soup of the Day: Creamy Tomato Basil 


Option 1: Seared Atlantic Salmon  with Warm Panzanella Bread Salad and Steamed Asparagus  

Option 2: Grilled Bratwurst  with Homemade Spätzle, Brown Gravy, and Sauerkraut with Bacon, Apple, and Caraway Seed

Thursday, July 24th:



Soup of the Day: Vegetarian Three Bean Chili


Option 1: Gulf Shrimp Pomodoro Pasta with Tomato Basil Butter, Fresh Mushrooms, and Steamed Broccoli 
(available )

Option 2: Baked French Onion Meatloaf  with Mashed Potatoes, Gravy, and Roasted Mixed Vegetables

Friday, July 25th:

Soup of the Day: Chicken Gnocchi

Option 1: Fried Louisiana Spiced Catfish with Local Corn on the Cobb, Black Bean Salsa, New Orleans Rice Pilaf, and Maple Glazed Carrots (available ) 

Option 2: Grilled Quesadilla Birria  stuffed with Tender Beef, Melted Cheese, and Rich Consume Dipping Sauce served with Refried Beans and Mexican Street Corn Salad

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 **

- Baked Garlic Poppyseed Rolls *
- Side Asian Salad
- Fresh Fruit: Pears
- Weekly Soup: Vichyssoise (Chilled Potato Leek)

Always Available

- Fresh Banana, Apple, or Orange
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Low Fat Cottage Cheese
- Low Fat Yogurt
- Canned Reduced Sodium Soups

Desserts

Saturday: Fantasy Fudge

Sunday: Banana Crunch Cake

Ice Cream

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

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.

Saturday, July 26th




Soup of the Day: Cream of Spinach 

Option 1: Chicken Pot Pie with Fresh Carrots, Celery, Peas, Onion, and Cream serve with a Petite Caesar Salad

Option 2: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Tropical Fruit Salad




Sunday, July 27th



Soup of the Day: Vegetable  




Option 1: Chilled Gulf Shrimp Cocktail with Lemon, Cocktail Sauce, and Cranberry Broccoli Salad   

Option 2: All American Cheeseburger with Fresh Lettuce, Tomato, Dill Pickle Spear, French Fries, and Creamy Slaw (no substitutes please)

Additional Entrée Selections

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

Option 4: Grilled Chicken Asian Salad with Mixed Greens, Napa Cabbage, Shredded Carrots, Peppers, Pea Pods,  Crunchy Noodles, and Sesame Vinaigrette Dressing 

Option 5: Seared Ahi Tuna Bowl with Brown Rice, Avocado, Pickled Vegetables, Toasted Sesame Seeds, Wasabi Mayo, and Asian Vinaigrette   

Option 6: Chilled Summer Salad Trio with Waldorf Chicken, Neptune Seafood, and Traditional Egg served over Mixed Greens with Fresh Fruit Garnish and a Baked Muffin

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