



Arbor Menu

Week of July 28th

*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 White Pan Rolls *
- Side Italian Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Chilled Gazpacho

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: White Chocolate Raspberry Gelato

Tuesday: Blueberry Pie

Wednesday: Peach Dump Cake

Thursday: Espresso Chocolate Chip Cake

Friday: Lemon Meringue 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

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Dinner Entrée Selections

Monday, July 28th:

Soup of the Day: Lemon Orzo 

Option 1: Seared Teriyaki Shrimp with Sweet Pineapple & Red Pepper Salsa, Steamed Jasmine Rice, and Mixed Asian Vegetables   

Option 2: Slow Roasted Pork Loin  with Wild Mushroom Dijon Mustard Cream Sauce, Parmesan Mashed Potatoes, and Honey Roasted Carrots 

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Tuesday, July 29th:

Soup of the Day: Italian Wedding

Option 1: Broiled Gulf Shrimp & Lump Crabcakes with Roasted Corn Salad,  Wild Rice Pilaf, and Citrus Aioli

Option 2: Cashew Chicken Stir Fry with Broccoli, Sweet Bell Peppers, Onion, and Sugar Snap Peas served with Brown Rice, Sesame Stir Fry Sauce, and Toasted Cashews   

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Wednesday, July 30th:

Soup of the Day: Smoked Salmon Corn Chowder 

Option 1: Seared Carolina Trout with Lemon & Herb Butter, Steamed Redskin Potatoes, and Green Beans  

Option 2: Traditional Spaghetti with Meat Sauce Marinara,  Mozzarella & Parmesan Cheese, Grilled Garlic Bread, and Fresh Basil & Vegetable Medley (available )

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Thursday, July 31st:

Soup of the Day: Chicken Noodle 

Option 1: Poached Atlantic Salmon in Lemon & White Wine Broth served with a Baked Potato and Steamed Asparagus Medley   

Option 2: House Smoked Turkey Breast  with Honey Pecan Butter, Sweet Potato Hash, and Corn on the Cobb 

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Friday, August 1st:

Soup of the Day: White Chicken Chili 

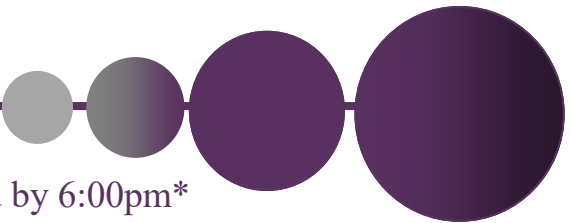
Option 1: Hand Dipped Beer Battered Fried Cod with French Fries, Fresh Lemon,  Tartar Sauce, and Cabbage Slaw

Option 2: Grilled Sliced Pork Tenderloin with Sweet Raisin & Apple Chutney served with Wild Rice Pilaf and Mixed Squash & Zucchini   

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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- Side Italian Salad
- Fresh Fruit: Clementines 
- Weekly Soup: Chilled Gazpacho

Always Available

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

Desserts

Saturday: Sugar Cookies

Sunday: Novelty Ice Cream Bars

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

Saturday, August 2nd

Soup of the Day: Ham Bone

Option 1: Chilled Tuna Salad  Croissant with Leaf Lettuce and Tomato served with Carrot-Raisin Salad and Ruffles Potato Chips 

Option 2: Fried Chicken & Waffles with Warm Butter, Maple Syrup, and Tropical Fruit Salad

Sunday, August 3rd

Soup of the Day: Watermelon Gazpacho

Option 1: Cheese & Pepperoni Pizza served with a Petite Greek Salad with Feta Cheese, Olives and Tomatoes (available )

Option 2: Beef & Cheese Taco Salad with Crispy Corn Chips, Fresh Lettuce, Tomato, Black Beans, Green Onion, and Olives served with Mild Tomato Salsa & Sour Cream

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Romaine Lettuce, Ceci Beans, Roasted Red Peppers, Cucumbers, Local Heirloom Grape Tomatoes, Garlic Croutons, and Italian Vinaigrette Dressing   

Option 5: Seared Spiced Sirloin Steak Salad with Romaine Lettuce, Cherry Tomatoes, Buttermilk Onion Rings, Fried Cornbread Croutons,  and Bacon Ranch Dressing

Option 6: Grilled Ham Steak with Honey Mustard Sauce, Mashed Potatoes, and Oven Roasted Carrots  

*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.*

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