



Arbor Menu

Week of July 6th

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 *
- Weekly Side Salad: Greek
- Featured Starter: Veggies & Dill Dip
- 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. Key Lime Bomb
5. Mixed Berry Angel Food Cake

Ice Cream

- RF NSA Vanilla & Chocolate
- RF NSA Butter Pecan
- Road Runner Raspberry
- 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

Daily Entrée Selections

Monday, July 6th:

Soup of the Day: Tomato Basil

Option 1: Broiled Fish Cakes with Lemon Aioli, Wild Rice Pilaf, and Steamed Asparagus and Mixed Zucchini Medley

Option 2: Stuffed Chicken with Brie Cheese served with Apple Chutney, Wild Rice Pilaf, and Roasted Carrots

Tuesday, July 7th:

Soup of the Day: Summer Vegetable

Option 1: Seared Atlantic Salmon with Sundried Tomato Pesto, Roasted Potatoes, and Steamed Broccoli Florets

Option 2: BBQ Pork Loin with Black Bean Corn Salsa, Creamy Mac & Cheese, and Steamed Corn on the Cobb

Wednesday, July 8th:

Soup of the Day: Ham & Potato

Option 1: Oven Roasted Turkey Breast with Mashed Potatoes, Gravy, Baby Carrots, and Cranberry Sauce

Option 2: Baked Asian BBQ Pork & Beef Meatballs with Broccoli, Carrots, Napa Cabbage, and Baby Bok Choy served with Steamed Sesame Brown Rice

Thursday, July 9th:

Soup of the Day: Chicken Noodle

Option 1: Grilled Arctic Char with Lemon Hollandaise Sauce, Roasted Potatoes, and Steamed Asparagus

Option 2: Traditional Spaghetti with Meat Sauce, Parmesan Cheese, Garlic Bread, and Garlic Green Beans (available)

Friday, July 10th:

Soup of the Day: Velvet Chicken

Option 1: Grilled Herb Marinated Chicken Thighs with Summer Berry Balsamic Sauce, Creamy Fingerling Potatoes, and Mixed Zucchini Medley

Option 2: Sliced Roast Beef Ajus with Mashed Potatoes and Steamed Cauliflower & Broccoli Medley

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

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RF NSA Butter Pecan

Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

Mint Chocolate Chip

Black Cherry Fudge

Dark Chocolate Raspberry

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.

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.

Saturday, July 11th

Soup of the Day: Turkey & Rice 🍷 🍫

Option 1: Grilled Chicken & Butternut Squash Ravioli with Mixed Squash and Sage Garlic Cream Sauce

Option 2: Warm Ham & Cheese Croissant with Lettuce and Tomato served with Cottage Cheese and Fresh Fruit Salad 🍷

Sunday, July 12th

Soup of the Day: Zucchini

Option 1: Cranberry Chicken Salad with Mixed Greens, Fresh Fruit, and a Warm Muffin 🍷 🍫 🍷

Option 2: Beef Taco Salad with Shredded Lettuce, Diced Tomatoes, Black Beans, 🍷 Cheddar Cheese, Corn Tortilla Chips, Salsa, and Sour Cream 🍫

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Baby Spinach, Portobella Mushrooms, 🍷 and Fresh Mozzarella Cheese (served with or without Grilled Chicken or Fish) 🍷 🍫

Option 4: Greek Grilled Chicken Salad with Fresh Greens, 🍷 Feta Cheese, Olives, Cucumbers, Tomatoes, and Creamy Oregano Dressing 🍷 🍫

Option 5: Chilled Jumbo Shrimp with Lemon & Homemade Cocktail Sauce served on Shredded Lettuce 🍫 🍷 with Pimento Cheese Spread and Garlic Toast Points

Option 6: Broiled Lake Superior Whitefish with Fresh Lemon and Tartar Sauce served with Rice Pilaf and Steamed French Beans 🍷 🍫 🍷



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