

# Arbor Menu

Week of July 7th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice, or Soda Choice of <u>Three</u> 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 Spinach Salad
- Fresh Fruit: Mixed Melon
- · 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: Assorted Fruit Pies** 

**Tuesday: Hot Fudge Brownie Sundae** 

Wednesday: Apple Blossom

Thursday: Chocolate Sheet Cake

Friday: Cherry Crunch Pie

## Ice Cream @

**RF NSA Chocolate** 

RF NSA Turtle Sundae & Butter Pecan

Vanilla & Strawberry

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

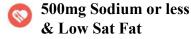
**Rainbow Sherbet** 

**Midnight Caramel River** 

**Peanut Butter Pie** 

**RF** Reduced Fat

NSA No Sugar Added



**G** Gluten Free

Dairy Free

## **Daily Entrée Selections**

Monday, July 7th:

Soup of the Day: Tomato Basil

**Option 1:** Shrimp & Sherry Broiled Bay Scallops with Tomato-Basil Orzo Pasta and Green Bean Almondine

**Option 2:** Spiced Rubbed Pork Tenderloin with Mashed Sweet Potatoes, Asparagus Medley, and Cranberry Rhubarb Chutney

Tuesday, July 8th:

Soup of the Day: Vegetable 🛇 🏵

Option 1: Grilled Chicken & Shrimp with Dijon Mustard Sauce, Dried Fruit Quinoa, and Mixed Kabob Vegetables

(Onions, Peppers, & Mushrooms) 🚫 🚱 🕞

**Option 2:** Mesquite Spiced Grilled Sliced Sirloin Steak with Garlic Buttered Potatoes and Steamed Asparagus

Wednesday, July 9th:

Soup of the Day: Chicken and Wild Rice Option 1: Broiled Atlantic Salmon Patties with Lemon Dill Sauce, Wild Rice Pilaf, and Roasted Asparagus of

**Option 2:** Baked Honey Glazed Spiral Ham with Home Made Mac & Cheese and Steamed Broccoli Medley

Thursday, July 10th:

Soup of the Day: Bacon and Corn Chowder Option 1: Broiled Lake Trout with Lemon Hollandaise Sauce, Roasted Potatoes, Zucchini, and Yellow Squash and

**Option 2:** Baked Cranberry & Brie Stuffed Chicken Breast with Balsamic Drizzle, Basil Mashed Potatoes, and Roasted Carrots

Friday, July 11th:

Soup of the Day: Hungarian Mushroom

Option 1: Baked Orange Roughy with Lemon Bread Crumbs, Steamed Redskin Potatoes, and Roasted Cauliflower ( )

**Option 2:** Beef Stroganoff with Home Made Meatballs, Buttered Egg Noodles, Mushroom Gravy, and Blistered Green Beans with Caramelized Onions

## Additional Entrée Selections

Options 3 - 6 listed on back of Menu

# Arbor Menu

#### (Page 2) Dining Room Hours

Monday-Friday: Trellis & Bistro 4:30-6:30pm \*Please be seated by 6:00pm\*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm



Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

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- · Side Spinach Salad
- Fresh Fruit: Mixed Melon 🔕
- · Weekly Soup: Chilled Gazpacho

### Always Available 🛇

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- Mandarin Oranges or Peaches
- · Fruit Cocktail
- · Low Fat Cottage Cheese
- · Low Fat Yogurt
- · Un Sweetened Apple Sauce

#### **Desserts**

**Saturday: Strawberry Pretzel** 

Dessert

Sunday: Haagen Daz Ice Cream

Bar

### **Ice Cream**

**RF NSA Chocolate** 

RF NSA Turtle Sundae & Butter Pecan

Vanilla & Strawberry

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

**Midnight Caramel River** 

**Peanut Butter Pie** 

# Saturday, July 12th

Soup of the Day: Roasted Garlic

**Option 1:** Eggplant Parmesan with Mozzarella Cheese served over Pasta with Basil Marinara Sauce and Steamed Italian Green Beans (Available **6**)

**Option 2:** "Marry Me" Chicken with Fresh Basil, Sundried Tomatoes, and Cream served with Mashed Potatoes

## Sunday, July 13th

Soup of the Day: Stuffed Cabbage

**Option 1:** White Chicken Lasagna with Parmesan Cheese and Buttered Peas, Corn, and Carrots

**Option 2:** Open Faced Hot Roast Beef Sandwich with Mashed Potatoes, Onion Gravy, and Buttered Peas, Corn, & Carrots ( w/o Bread)

## Additional Entrée Selections

**Option 3**: Roasted Marinated Vegetable Plate with Market Vegetables, Portobella Mushrooms, Beans, Spinach, and Fresh Mozzarella (served with or without Chicken)

**Option 4:** Lettuce and Baby Spinach Salad with Grilled Chicken, Hardboiled Egg, Fresh Tomato, Red Onion, Crispy Bacon, and Herb Balsamic Vinaigrette Dressing

**Option 5:** Traditional Sloppy Joe Sandwich served on a Fresh Baked Bun with Southern Potato Salad and Creamy Cole Slaw ( w/o Bun)

**Option 6**: Fried Coconut Shrimp Salad with Lettuce, Mandarin Oranges, Fresh Strawberries, Pineapple, and Crushed Cashews served with Mango Black Pepper Vinaigrette Dressing(P)

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

