



Arbor Menu

Week of July 7th

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 *
- 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

- 500mg Sodium or less & Low Sat Fat
- 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

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

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

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

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

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 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 )

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 

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