



Arbor Menu

Week of August 18th

*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 Garden Salad 
- Fresh Fruit: Michigan Peaches 
- Weekly Soup:
Chilled Sweet Pea & Mint 

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: Bumbleberry Pie

Tuesday: Mixed Berry Crepes with
Lemon Whip

Wednesday: Orange Crush Cake

Thursday: Tres Leches Cake

Friday: Pecan Pie

Ice Cream

- RF NSA Chocolate
- RF NSA Turtle Sundae & Butter Pecan
Vanilla Bean
- Dark Chocolate Raspberry
- Road Runner Raspberry
- Cappuccino Crunch
- Rainbow Sherbet
- Midnight Caramel River
- Bourbon Brown Butter Truffle
- RF Reduced Fat
- NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat


 Gluten Free




 Dairy Free

Daily Entrée Selections

Monday, August 18th:


Soup of the Day: French Onion  w/o Croutons

Option 1: Southern Style Shrimp & Creamy Parmesan
Grits with Honey Roasted Carrots 

Option 2: Stir Fry Beef Sirloin with Brown Rice, Soy &
Ginger Garlic Sauce, Snow Peas, Carrots, Broccoli,
Sweet Peppers, and Toasted Sesame Seeds   

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Tuesday, August 19th:



Soup of the Day: Golombki (Stuffed Cabbage)

Option 1: Grilled Chicken and Butternut Squash Ravioli
with Brown Sage Butter, Local Squash, and Caramelized
Shallots 

Option 2: Grilled Pork Tenderloin with Peach Salsa, 
Mashed Sweet Potatoes, and Roasted Asparagus  

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Wednesday, August 20th:

Soup of the Day: Cheesy Broccoli 

Option 1: Fried Perch with Shoe String French Fries,
Creamy Slaw, Lemon, and  Home Made Tartar Sauce
(available )

Option 2: Italian Sausage Bolognese served over Herb
Pappardelle Pasta with  Parmesan Cheese and Steamed
Green Beans (available )

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Thursday, August 21st:




Soup of the Day: Vegetable  

Option 1: Seared Lake Trout Piccata with Lemon Caper
Mushroom Butter, Redskin Potatoes, and Steamed
Broccoli  

Option 2: Sliced Beef Sirloin with Chimichurri Sauce,
Yellow Tomato Salsa,  White Cheddar Mashed
Potatoes, and Roasted Carrots 

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Friday, August 22nd:

Soup of the Day: Split Pea and Ham

Option 1: Chicken Cacciatore with Red Peppers,
Tomato, and Onions  served with Creamy Polenta and
Roasted Vegetable Medley  

Option 2: Poutine (French Fries & Cheese Curds) with
House Smoked Pork, Brown Gravy, Scallions, and Corn
on the Cobb

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 Garden Salad 
- Fresh Fruit: Michigan Peaches 
- Weekly Soup:
Chilled Sweet Pea & Mint 

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 Shortcake

Sunday: Butterscotch & Chocolate Pudding Duo

Ice Cream



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

*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, August 23rd



Soup of the Day: Italian Wedding




Option 1: Smoked BBQ Brisket Sandwich served with French Fries and Coleslaw  ( without the Bun)

Option 2: Classic Shrimp & Dill Salad with Celery, Bell Pepper and Mayonnaise served over Fresh Greens with  a Baked Muffin and Fresh Fruit Garnish 




Sunday, August 24th




Soup of the Day: Mexican Beans-n-Rice 



Option 1: Caribbean Spiced Shrimp Tacos topped with Tropical Red Cabbage Slaw,  Red Chili Mayo served with Seasoned French Fries (available 


Option 2: Crispy Baked Chicken Thighs with Yellow Potatoes, and Zucchini, Squash, Corn, and Tomato Medley   

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Fresh Greens, Shredded Carrots, Watermelon Radish, Cherry Tomatoes,   and Garlic Croutons  served with Home Made Ranch Dressing

Option 5: Smoked Chicken Spinach Salad with Red Onion, Sugared Pecans, Caramelized Pears,   Goat Cheese Fritter and Warm Bacon Balsamic Vinaigrette Dressing

Option 6: Baked Three Cheese Flatbread Pizza with Fresh Basil Pesto, Tomatoes, Mozzarella, Parmesan, and Goat Cheese (available 

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