



Arbor Menu

Week of August 25th

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 **
- Baked Garlic Poppyseed Rolls *
 - Side BLT Salad
 - Fresh Fruit: Michigan Peaches 
 - Sliced Tomatoes
 - Weekly Soup: Summer Gazpacho 

Always Available




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

Desserts

- Monday: Healthy Berry Crisp 
Tuesday: Rice Pudding with Raisins 
Wednesday: Mixed Berry Pie
Thursday: Salted Caramel Sundae
Friday: Buttercream Orange Tartlets

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


- RF Reduced Fat
NSA No Sugar Added
 500mg Sodium or less
& Low Sat Fat
 Gluten Free
 Dairy Free

Daily Entrée Selections



Monday, August 25th:

- Soup of the Day: Vegetable**   
Option 1: Baked Atlantic Cod with Lemon - Parsley Bread Crumbs, Herb Roasted Redskin Potatoes, and Sauteed Green Bean & Squash Medley (available   
Option 2: Sauteed Chicken Marsala with Fresh Mushrooms, Marsala Wine, Olive Oil, Garlic, and Shallots served over Herb Pappardelle Pasta with Steamed Broccoli 




Tuesday, August 26th:

- Soup of the Day: Pasta Fagioli**
Option 1: Southern Fried Breaded Pork Chop with Mashed Potatoes, Gravy, and Braised Greens with Ham
Option 2: Baked Chicken Caprese with Fresh Basil, Ripe Tomatoes, Mozzarella Cheese, and Balsamic Syrup served over Rice Pilaf with Grilled Zucchini 

Wednesday, August 27th:

- Soup of the Day: Hungarian Mushroom** 
Option 1: Grilled Greek Salmon   with Lemon Feta and Orzo Summer Salad with Cherry Tomatoes, Roasted Peppers, Olives, and Baby Spinach 
Option 2: Grilled Bratwurst  with Homemade Spätzle, Brown Gravy, and Sauerkraut with Bacon, Apple, and Caraway Seed

Thursday, August 28th:

- Soup of the Day: Tomato, Bacon, & Basil**
Option 1: Gulf Shrimp Pomodoro Pasta with Tomato Basil Butter, Fresh Mushrooms, and Steamed Broccoli (available  
Option 2: Baked French Onion Meatloaf  with Mashed Potatoes, Gravy, and Steamed Asparagus

Friday, August 29th:

- Soup of the Day: Chicken Gnocchi**
Option 1: Seared Louisiana Spiced Catfish with Black Bean Corn Salsa, New Orleans Rice Pilaf, and Maple Glazed Carrots   
Option 2: Slow Roasted BBQ Pork Ribs with Local Corn on the Cobb,  Corn Bread, and Creamy Cole Slaw 

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

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- Baked Garlic Poppyseed Rolls *
- Side BLT Salad
- Fresh Fruit: Michigan Peaches 
- Sliced Tomatoes
- Weekly Soup: Summer Gazpacho 

Always Available

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

Desserts

Saturday: Peppermint Brownies

Sunday: Vernors Float

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

Saturday, August 30th

Soup of the Day: Cream of Spinach

Option 1: Chicken Pot Pie with Fresh Carrots, Celery, Peas, Onion, and Cream serve with a Petite Caesar Salad

Option 2: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Tropical Fruit Salad




Sunday, August 31st


Soup of the Day: Chili  



Option 1: Chilled Gulf Shrimp Cocktail with Lemon, Cocktail Sauce & Cranberry Broccoli Salad   

Option 2: All American Cheeseburger with Fresh Lettuce, Tomato, Dill Pickle Spear, French Fries, and Creamy Slaw (no substitutes please)

Additional Entrée Selections

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

Option 4: Grilled Chicken Salad with Iceberg Lettuce, Local Tomatoes,  Gorgonzola Cheese, and Chive Bacon Ranch Dressing

Option 5: Chilled Summer Salad Trio with Cranberry Chicken, Neptune Seafood, and Traditional Egg served over Fresh Greens with Fresh Fruit Garnish  and a Baked Muffin 

Option 6: “Featured Simple Fish” Seared Lake Superior Whitefish with  Herb Garlic Butter, Roasted Potatoes, and Fresh Vegetable Medley  

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.



**Please Join Us for Our
Labor Day Picnic!**



**Monday, September 1st 11:30am– 1pm
Residents = Meal Exchange**

Guests = \$26

We Wish you a Happy Labor Day!