

Arbor Menu

Week of August 25th

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 *

- 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

DE NSA Charalata

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

Dark Chocolate Raspberry

Road Runner Raspberry

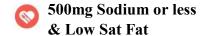
Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added



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 **(G)** 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 **(a)**)

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, **G** Corn Bread, and Creamy Cole Slaw **D**

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

or 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, (D) 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 DHerb 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!