

# Arbor Menu

Week of August 4th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice or Soda, Choice of <u>Three Starters</u> and Featured Dessert or Ice Cream.

### **Featured Starters**

Please Choose up to Three Starters

All Starters Gluten Free <u>Unless</u> Noted \*

- Fresh Baked French Rolls \*
- · Side Greek Salad
- · Fresh Fruit: Mixed Fruit
- · Weekly Soup: Chilled Strawberry

## 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: Baked Pear Cobbler with** 

Vanilla Bean Ice Cream

**Tuesday: Strawberry Rhubarb Pie** 

Wednesday: Nutter Butter Cake

Thursday: Peach Bread Pudding

Friday: Dutch Apple Pie

## Ice Cream @

Vanilla Bean

RF NSA Chocolate

RF NSA Turtle Sundae

**RF NSA Butter Pecan** 

**Dark Chocolate Raspberry** 

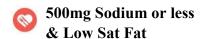
**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

RF Reduced Fat

NSA No Sugar Added





Dairy Free

# **Dinner Entrée Selections**

Monday, August 4th:

Soup of the Day: Creamy Potato

Option 1: Grilled Bacon Wrapped BBQ Shrimp

Skewer, Mashed Potatoes, and Roasted Beets

Option 2: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg,

Carrots, & Peas served with Asian Cabbage Slaw 

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Tuesday, August 5th:

Soup of the Day: Mushroom Vegetable Option 1: Oven Roasted Lake Superior Whitefish with Lemon Parsley Bread Crumbs, Baked Potato, O Chive Sour Cream, and Fresh Asparagus Medley (available 6)

**Option 2:** Sauteed Beef Sirloin and Broccoli Stir Fry with Ginger Garlic Sauce and Steamed Brown

Rice O O O

Wednesday, August 6th:

Soup of the Day: Chili @

**Option 1:** Steamed Gulf Shrimp Pasta Primavera with Mixed Garden Vegetables, Olive Oil, Garlic, and Herb Sauce (D) and Grated Parmesan Cheese (available (D))

**Option 2:** Baked Chicken Paprikash with Cremini Mushrooms & Paprika Cream Sauce served over Egg Noodles with Steamed Broccoli Medley

Thursday, August 7th:

Soup of the Day: Beef Noodle 🔕

Option 1: Broiled Orange Roughy (1) with Honey Key Lime Butter, Roasted Redskin Potatoes and Steamed Asparagus (1) (6)

**Option 2:** Pan Seared Pork Cutlets with Bacon Braised Cabbage, Home Made Buttered Spätzle, and Mushroom Gravy

Friday, August 8th:

Soup of the Day: Sausage Lentil

**Option 1:** Baja Fish Tacos with Flour Tortillas, Fresh Avocado, Red Cabbage Slaw, and Chipotle Mayo served with Seasoned French Fries (available **(F)**)

**Option 2:** Slow Roasted Beef with Red Wine Ajus, 

Mashed Potatoes, and Fresh Brussel Sprout Medley

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



Please Choose up to Three Starters

All Starters Gluten Free Unless Noted \*

- Fresh Baked French Rolls \*
- · Side Greek Salad
- · Fresh Fruit: Mixed Fruit
- · Weekly Soup: Chilled Strawberry

## 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: Peanut Butter Cookies** 

**Sunday: Vernors Float** 

## Ice Cream @

Vanilla Bean

RF NSA Chocolate

RF NSA Turtle Sundae

**RF NSA Butter Pecan** 

**Dark Chocolate Raspberry** 

**Road Runner Raspberry** 

Cappuccino Crunch

**Rainbow Sherbet** 

# Saturday, August 9th

Soup of the Day: Creamy Basil

**Option 1:** Grilled Honey BBQ Chicken Thighs with White Cheddar Macaroni & Cheese and Green Beans

**Option 2:** Steamed Pork Dumplings with Soy Dipping Sauce, Jasmine Rice, and Mixed Asian Vegetables ©

# Sunday, August 10th

Soup of the Day: Vegetable 🔕

**Option 1:** Oven Baked Croissant with Waldorf Chicken Salad, Broccoli Salad, and Fresh Fruit Garnish

Option 2: Stuffed Baked Potato with Taco Seasoned Ground Beef, Cheddar Cheese, Tomato Salsa, DSour Cream, and Refried Beans

# **Additional Entrée Selections**

**Option 3**: Grilled Marinated Vegetable Plate with Summer Market Vegetables, Lentil Salad, ① and Mozzarella Cheese (available with Grilled Chicken) ③ **G** 

Option 4: Grilled Greek Chicken Salad with Romaine Lettuce, Beets, Mild Peppers, Tomatoes, Kalamata Olives, © Feta Cheese, and Greek Vinaigrette © G

**Option 5**: Grilled Salmon Summer Caprese Salad with Fresh Basil, Sliced Tomatoes, Fresh Mozzarella Cheese, and Sweet Balsamic Syrup

**Option 6:** House Smoked Chopped Beef Brisket with Brown Sugar Baked Beans and Local Corn on the Cobb ©

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.

### **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

