



Arbor Menu

Week of August 4th

*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 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

 500mg Sodium or less
& Low Sat Fat

 Gluten Free


 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,  Chive Sour Cream, and Fresh Asparagus Medley 
(available )

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

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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  and Grated Parmesan Cheese  (available )

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

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Thursday, August 7th:


Soup of the Day: Beef Noodle 

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

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

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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 )

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

Featured Starters

Please Choose up to Three Starters

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- Side Greek Salad
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Always Available

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- 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

*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.*

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,  Sour Cream, and Refried Beans 

Additional Entrée Selections

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

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

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  

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