



Arbor Menu

Week of September 15th

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 Blueberry Salad 
- Fresh Fruit: Mixed Fruit 
- Weekly Soup: Manhattan Seafood *

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: Blackberry Pie

Tuesday: Lemon Bars with Melba Sauce

Wednesday: Snickers Cake

Thursday: Everything but the Kitchen Sink Cake

Friday: Dutch Apple 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

RF Reduced Fat
NSA No Sugar Added

 500mg Sodium or less
& Low Sat Fat

 Gluten Free

 Dairy Free

Daily Entrée Selections

Monday, September 15th:

Soup of the Day: French Onion  w/o Croutons

Option 1: Seasoned Skillet Shrimp  with Creamy Smoked Corn & Tomato Sauce, New Orleans Rice Pilaf, and Honey Roasted Carrots  

Option 2: Pan Roasted Chicken Breast with Pancetta Bacon, Roasted Wild Mushrooms, Sundried Tomatoes, Cream, White Cheddar Mashed Potatoes, and Sautéed Spinach 

Tuesday, September 16th:

Soup of the Day: Creamy Tomato Basil 

Option 1: Blackberry Glazed Chicken Thighs with Dried Fruit Quinoa and Mixed Kabob Vegetables (Onions, Peppers, and Mushrooms)   

Option 2: Grilled Sirloin Steak with Red Wine Jus, Buttered Fingerling Potatoes,  Onion Rings, and Garlic French Beans

Wednesday, September 17th:

Soup of the Day: Cheesy Broccoli

Option 1: Gulf Shrimp Linguine with Sundried Tomatoes, Fresh Baby Spinach, Sweet Corn,  and Preserved Lemon Butter-Garlic Olive Oil Herb Sauce  (available 

Option 2: Baked Honey Glazed Spiral Ham   with Cheesy Potatoes and Steamed Broccoli Medley

Thursday, September 18th:

Soup of the Day: Italian Wedding

Option 1: Seared Atlantic Salmon with Sundried Tomato Pesto, Wild Rice Pilaf, and Asparagus   

Option 2: Grilled Pork Tenderloin with Fall Pear Chutney, Balsamic Drizzle,  Mashed Potatoes, and Asparagus  

Friday, September 19th:

Soup of the Day: Mexican Street Corn

Option 1: Baked Haddock with Garlic & Herb Breadcrumbs served over Mashed Potatoes with New England Chowder Sauce served with Roasted Carrots

Option 2: Slow Cooked Beef Stroganoff with Buttered Egg Noodles, Mushroom Gravy, and Green Beans with Caramelized Onions

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

Arbor Menu

(Page 2) Dining Room 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 **

- Fresh Baked Assorted Rolls *
- Side Blueberry Salad
- Fresh Fruit: Mixed Fruit
- Weekly Soup: Manhattan Seafood *

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: Lemon Pretzel Salad

Sunday: Wild Blueberry Crumble
ala Mode

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, September 20th

Soup of the Day: Cheeseburger

Option 1: Eggplant Parmesan with Mozzarella Cheese served over Pasta with Basil Marinara Sauce and Steamed Italian Green Beans

Option 2: Grilled Greek Chicken Gyro GF on Pita Bread D with Feta Cheese, Shredded Lettuce and Red Onion served with Tomato Cucumber Salad and Creamy Yogurt Sauce

Sunday, September 21st

Soup of the Day: Chicken Cacciatore

Option 1: Open Faced Roasted Turkey Sandwich with Mashed Potatoes, Gravy, Cranberry Sauce, and Steamed Peas & Carrots

Option 2: Baked Stuffed Peppers with Ground Beef, Rice, and Tomato Sauce served with Roasted Vegetable Medley

Additional Entrée Selections

Option 3: Roasted Vegetable Plate with Market Vegetables, Portobella Mushrooms, Beans, Spinach, D and Fresh Mozzarella (served with or without Chicken)

Option 4: Grilled Chicken & Blueberry Salad with Romaine Lettuce, D Goat Cheese, Sliced Almonds, and Poppysseed Vinaigrette Dressing

Option 5: Grilled Turkey Burger with Fresh Avocado, Lettuce, Tomato, Monterey Jack Cheese and Red Bell Pepper Mayo on the side served on a Pretzel Bun with French Fries

Option 6: “Simple Fish” Broiled Orange Roughy D with Tomato Basil Garlic Butter, Roasted Potatoes, and Fresh Vegetable Medley

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