

Arbor Menu

Week of September 29th

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 Tuscan Pear Salad
- Fresh Fruit: Pears 🔕
- · Weekly Soup: Chicken & Fall

Vegetable 🚫 🕞

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: Assorted Pies

Tuesday: Salted Caramel Sundae

Wednesday: Jelly Doughnut Cupcakes

Thursday: Samoa Cheesecake Cups

Friday: Chocolate Torte

Ice Cream

RF NSA Chocolate

RF NSA Turtle Sundae & Butter Pecan

Vanilla Bean

Dark Chocolate Raspberry

Road Runner Raspberry

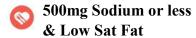
Cappuccino Crunch

Rainbow Sherbet

Midnight Caramel River

RF Reduced Fat

NSA No Sugar Added



Gluten Free

Dairy Free

Daily Entrée Selections

Monday, September 29th:

Soup of the Day: Corn Chowder

Option 1: Broiled Atlantic Cod with Fresh Lemon, Tartar Sauce, Herb Roasted Potatoes, and Sauteed Squash

Medley 🚫 🅶 📵

Option 2: Grilled Chicken Breast with Pistachio Basil Cream Sauce, Wild Rice Pilaf, and Steamed Asparagus

Tuesday, September 30th:

Soup of the Day: Black Bean & Sausage

Option 1: Grilled Salmon (D) with Traditional

Hollandaise Sauce, Roasted Potatoes, and Honey Glazed

Carrots **(SQ)**

Option 2: Chicken Marsala with Fresh Mushrooms, Olive Oil, Garlic, and Shallots served over Pasta with Steamed Broccoli

Wednesday, October 1st:

Soup of the Day: Creamy Roasted Red Pepper @

Option 1: Stuffed Seafood Cannelloni with Shrimp, Scallops, Crab Meat, and Baby Spinach topped with White Cheddar & Parmesan Cheese Cream Sauce

Option 2: Slow Cooked BBQ Pork Ribs with Corn on the Cobb, G Sweet Corn Bread, and Creamy Cole Slaw

Thursday, October 2nd:

Soup of the Day: Chop House Potato

Option 1: Gulf Shrimp and Goat Cheese Ravioli with Bacon, Mushrooms, Basil, and Plum Tomato Garlic

Option 2: Baked French Onion Meatloaf (D) with Mashed Potatoes, GG Gravy, and Roasted Brussel Sprouts

Friday, October 3rd:

Soup of the Day: Chicken & Wild Rice 🚫



Option 1: Parmesan Crusted Lake Superior Whitefish with Roasted Lemon-Chive Butter, Pasta, and French Beans (available **(3)** (**(3)**

Option 2: Roast Beef Ajus (D) with Mashed Potatoes, (G) Gravy, and Fall Vegetable Medley

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

or Menu

(Page 2) Fall Dining Hours

Monday-Friday: Trellis & Bistro 4:30-6:00pm *Please be seated by 5:45pm*

Saturday-Sunday: Trellis & Arbor 4:00-6:00pm



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- · Weekly Soup: Chicken & Fall

Vegetable 🚫

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: Vernors Float

Sunday: Nutter Butter Cake

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, October 4th

Soup of the Day: Italian Wedding

Option 1: Chilled Gulf Shrimp Cocktail with Lemon,

Cocktail Sauce, and Cranberry Broccoli Salad (a)

Option 2: Chicken Pot Pie with Fresh Carrots, Celery, Peas, Onion, and Cream served with a Petite Caesar Salad

Sunday, October 5th

Soup of the Day: Vegetable 🚫 🙃

Option 1: Baked Quiche Lorraine with Ham, Bacon, Swiss Cheese, and Puff Pastry served with Tropical Fruit Salad

Option 2: Baked White Chicken Lasagna with Italian Seasonings, Mozzarella & Parmesan Cheeses, and Garlic Bread served with Grilled Zucchini

Additional Entrée Selections

Option 3: Grilled Marinated Vegetable Plate with Fall Market Vegetables, Potatoes, Portobella Mushrooms, Sundried Tomatoes, (D) and Mozzarella Cheese (served with or without Grilled Chicken) 🔕 🚭

Option 4: Grilled Chicken Tuscan Pear Salad with Sugar Walnuts, Caramelized Pears, OGorgonzola Cheese, and Herb Balsamic Vinaigrette Dressing G

Option 5: Spaghetti with Meat Sauce, (D) Grated Parmesan Cheese, and Steamed Garlic Green Beans (available 6)

Option 6: Greek Lamb Bowl with Fresh Chopped Tomato, Red Onion, Cucumber Salad, Olives, Steamed Rice, (D) and Creamy Cucumber Yogurt Sauce G

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.

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

