



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

-  500mg Sodium or less
& Low Sat Fat
 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

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Tuesday, September 30th:

Soup of the Day: Black Bean & Sausage

Option 1: Grilled Salmon  with Traditional Hollandaise Sauce, Roasted Potatoes, and Honey Glazed Carrots  

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

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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,  Sweet Corn Bread, and Creamy Cole Slaw 

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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 Sauce

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

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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  

Option 2: Roast Beef Ajus  with Mashed Potatoes,  Gravy, and Fall Vegetable Medley

Additional Entrée Selections

Options 3 - 6 listed on back of Menu

Arbor 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

Featured Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

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- Side Tuscan Pear Salad
- Fresh Fruit: Pears
- Weekly Soup: Chicken & Fall Vegetable

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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

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, October 4th

Soup of the Day: Italian Wedding

Option 1: Chilled Gulf Shrimp Cocktail with Lemon, Cocktail Sauce, and Cranberry Broccoli Salad

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, and Mozzarella Cheese (served with or without Grilled Chicken)

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

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

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

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