



Arbor Menu

Week of September 8th

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 Caesar Salad
- Fresh Fruit: Mixed Fruit 
- Weekly Soup: Butternut Squash

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: Chocolate Chip Cannoli

Tuesday: Strawberry Rhubarb Pie

Wednesday: Butter Pecan Cake




Thursday: Apple Cider Bundt Cake

Friday: Peanut Butter Cream 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, September 8th:


Soup of the Day: Hearty Vegetable

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

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, September 9th:

Soup of the Day: New England Clam Chowder

Option 1: Broiled Orange Roughy with Home Made Tartar Sauce, Roasted Red Skin Potatoes, and Steamed Asparagus   

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

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Wednesday, September 10th:

Soup of the Day: Chicken & Wild Rice  

Option 1: Baked Cranberry & Brie Stuffed Chicken Breast with Dijon Mustard Sauce, Wild Rice Pilaf, and Roasted Carrot Medley

Option 2: Baked Shepherd's Pie with Ground Beef, Carrots, Onions, and Peas topped with Mashed Buttermilk Potatoes

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Thursday, September 11th:


Soup of the Day: Bean & Bacon 

Option 1: Sauteed Whitefish Piccata with Lemon Caper Mushroom Butter, Steamed Broccoli, and Linguine (Available 

Option 2: House Smoked Pork Tenderloin with Apple Onion Relish,  Mashed Sweet Potatoes, and Mixed Squash  

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Friday, September 12th:

Soup of the Day: Lasagna

Option 1: Baja Fish Tacos with Flour Tortillas, Fresh Red Cabbage Slaw, and Lime Crema served with Seasoned French Fries (available 

Option 2: Slow Roasted Pot Roast  with Mashed Potatoes, Gravy and Roasted Brussel Sprouts

Additional Entrée Selections

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

*All Starters Gluten Free Unless Noted **

- Fresh Baked French Rolls *
- Side Caesar Salad
- Fresh Fruit: Mixed Fruit 
- Weekly Soup: Butternut Squash

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: Fantasy Fudge

Sunday: Cinnamon Cherry Cobbler

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, September 13th

Soup of the Day: Roasted Garlic


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, September 14th



Soup of the Day: Stuffed Pepper



Option 1: Oven Baked Croissant with Strawberry Poppyseed 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 Seasonal Market Vegetables, Lentil Salad,  and Mozzarella Cheese (available with Grilled Chicken or Salmon) 

Option 4: Grilled Chicken Caesar Salad with Romaine Lettuce, Fresh Local Tomatoes,  Parmesan Cheese,  Garlic Croutons, and Caesar Dressing

Option 5: Tuscan Pear Salad with Grilled Atlantic Salmon Mixed Greens, Caramelized Pears,  Gorgonzola Cheese, Candied Walnuts, and Herb Balsamic Vinaigrette Dressing 

Option 6: Featured “Simple Fish” Seared Sesame Crusted Ahi Tuna  with Miso Butter, Pickled Ginger, Roasted Potatoes, and Mixed Vegetables 

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