

Arbor Menu

Week of September 8th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice or Soda, Choice of <u>Three Starters</u> 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

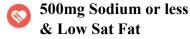
Road Runner Raspberry

Cappuccino Crunch

Rainbow Sherbet

RF Reduced Fat

NSA No Sugar Added





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 (available and Grated Parmesan Cheese (available and Garlic)

Option 2: Pork & Vegetable Egg Rolls with Sweet & Sour Dipping Sauce and Stir Fried Rice with Egg, Carrots, & Peas served with Asian Cabbage Slaw (D)

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 © ©

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

Thursday, September 11th:

Soup of the Day: Bean & Bacon @

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

Option 2: House Smoked Pork Tenderloin with Apple Onion Relish,

Mashed Sweet Potatoes, and Mixed Squash

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 **G**)

Option 2: Slow Roasted Pot Roast ① 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



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Always Available 🔕

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- · 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

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)

G

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 (D) with Miso Butter, Pickled Ginger, Roasted Potatoes, and Mixed Vegetables (C) (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.

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