



# Arbor Menu

Week of October 21st

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 Sunflower Bread \*
- Side Caesar Salad \*
- Weekly Soup: Smoked Chicken Sweet Potato Corn Chowder \*

## Always Available

- Fresh Bananas, Apples, & Oranges ♥
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese ♥
- Low Fat Yogurt ♥
- Un Sweetened Apple Sauce ♥
- Canned Reduced Sodium Soups **R**

## Desserts

Monday: Fruit of the Forest Pie

Tuesday: Strawberry Sponge Cake

Wednesday: Pumpkin Cake

Thursday: German Chocolate Cake

Friday: Orange Buttercream Tart

## Ice Cream **GF**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Midnight Caramel River

Cappuccino Crunch

RF Reduced Fat

NSA No Sugar Added

**D** Dairy Free

♥ Heart Healthy Item

**R** Reduced Sodium

**GF** Gluten Free

## Dinner Entrée Selections

Monday, October 21st:

**Soup of the Day: Dill Pickle**

**Option 1:** Gulf Shrimp Pasta with Roasted Sweet Peppers and Basil Pesto Cream Sauce

**Option 2:** Grilled Bratwurst **D** with Buttered Noodles, Red Cabbage, and Cinnamon Applesauce

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Tuesday, October 22nd:

**Soup of the Day: Minestrone**

**Option 1:** Fried Louisiana Catfish with Remoulade Sauce, Red Beans & Rice, and Creamed Corn and Bacon

**Option 2:** Baked Honey Glazed Ham **GF** with Cheesy Potatoes and Fresh Green Beans ♥

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Wednesday, October 23rd:

**Soup of the Day: Hungarian Mushroom**

**Option 1:** Grilled Chicken Linguine with Primavera Vegetables, Olive Oil, and Herb Sauce **D** topped with Parmesan Cheese (Available **GF**)

**Option 2:** House Smoked Pulled Pork with BBQ Sauce, **GF** **D** Baked Macaroni and Cheese, and Cole Slaw

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Thursday, October 24th:

**Soup of the Day: Mixed Bean** **GF**

**Option 1:** Broiled Crabcakes with Citrus Aioli, Wild Rice Pilaf, and Roasted Carrots ♥

**Option 2:** Seared Swiss Steak with Tomato Gravy, Onions, Carrots and Peas, seared with White Cheddar Mashed Potatoes

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Friday, October 25th:

**Soup of the Day: Cream of Spinach**

**Option 1:** Baked Haddock with Lemon Bread Crumbs, Roasted Yukon Gold Potatoes, Asparagus ♥, and Homemade Tartar Sauce (Available **GF**)

**Option 2:** Country Fried Chicken Breast with Creamy Gravy, Buttermilk Mashed Potatoes, and Steamed Broccoli and Carrots ♥

## Additional Entrée Selections

Options 3 – 5 listed on back of Menu

# Arbor Menu

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The Arbor Dining Rooms are open from 4:00pm—6:00pm

Delivery is available everyday

## Featured Starters

*Please Choose up to Three Starters*

*All Starters Gluten Free Unless Noted \**

- Fresh Baked Sunflower Bread \*
- Side Caesar Salad
- Weekly Soup: Smoked Chicken Sweet Potato Corn Chowder

## Always Available

- Fresh Bananas, Apples, & Oranges ♥
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese ♥
- Low Fat Yogurt ♥
- Un Sweetened Apple Sauce ♥
- Canned Reduced Sodium Soups **R**

## Desserts

Saturday: Nutella Rice Crispy Treat

Sunday: Novelty Ice Cream

## Ice Cream **GF**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

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.*

## Saturday, October 26th

**Soup of the Day: French Onion** (**GF** w/o Croutons)

**Option 1:** Grilled Chicken Club Sandwich with Bacon, Monterey Jack Cheese, Avocado, Lettuce, and Tomato **GF** on a Toasted Bun with French Fries and Mustard Sauce

**Option 2:** Slow Roasted Meatballs with Onions and Brown Gravy served with Mashed Potatoes and Oven Roasted Carrots ♥

## Sunday, October 27th

**Soup of the Day: Curry Lentil**

**Option 1:** Fried Pork & Vegetable Egg Rolls with Steamed Rice, Asian Style Vegetables, and Sweet & Sour Dipping Sauce **D**

**Option 2:** Baked Cheese Ravioli with Meat Sauce Marinara, Fresh Parmesan Cheese, and Garlic Green Beans

## Additional Entrée Selections

**Option 3:** Grilled Marinated Vegetable Plate with Seasonal Market Vegetables, Portobella Mushrooms, **D** and Mozzarella Cheese (served with or without Grilled Chicken or Shrimp) **GF**

**Option 4:** Grilled Chicken Caesar Salad with Fresh Tomato, **D** Parmesan Cheese, **GF** Baked Herbed Croutons, and Caesar Dressing

**Option 5:** Baked Cauliflower Crust Margarita Pizza with Olive Oil & Garlic, Buffalo Mozzarella Cheese, Tomatoes, and Fresh Basil **GF**

### 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