



# Arbor Menu

Week of October 28th

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 Assorted Rolls \*
- Side Greek Salad
- Olive Hummus & Raw Vegetables
- Weekly Soup: French Onion Soup \*

With Provolone Cheese & Croutons

## 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: Chocolate Chip Cannoli

Tuesday: Banana Bread Pudding with Toffee Sauce

Wednesday: Ginger Bread Orange Bundt Cake

Thursday: Vampire Poke Cake

Friday: Banana Cream Pie

## Ice Cream **(GF)**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

RF Reduced Fat

NSA No Sugar Added

**(D)** Dairy Free

♥ Heart Healthy Item

**(R)** Reduced Sodium

**(GF)** Gluten Free

## Daily Entrée Selections

Monday, October 28th:

**Soup of the Day: Pumpkin & Apple with Bacon**

**Option 1:** Broiled Whitefish with Baked Potato and Stewed Tomatoes served with Tartar Sauce & Sour Cream on the Side ♥ **(GF)**

**Option 2:** Chicken & Mushroom Risotto with Asparagus and Garlic Cream Sauce

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Tuesday, October 29th:

**Soup of the Day: Beef & Mushroom**

**Option 1:** Broiled Shrimp with Fresh Parsley, Wild Rice Pilaf, and Citrus Buttered Carrots **(GF)**

**Option 2:** Traditional Meatloaf with Mashed Potatoes, Brown Gravy, and Grilled Zucchini ♥

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Wednesday, October 30th:

**Soup of the Day: Crab & Corn Chowder**

**Option 1:** Grilled Lake Trout with Red Onion Marmalade, Baked Sweet Potato, and Butternut Squash ♥ **(GF)** **(D)**

**Option 2:** Beef and Broccoli Stir Fry served over Steamed White Rice with Sesame Soy Sauce **(D)**

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Thursday, October 31st: **Happy Halloween!**

**Soup of the Day: Beef & Bean Chili** **(GF)**

**Option 1:** Fried Coconut Shrimp with Orange Marmalade Dipping Sauce and Vegetable Fried Rice **(D)**

**Option 2:** Sloppy Joe Sandwich with Crispy Tater Tots and Fresh Tomato Cucumber Salad (**(GF)** w/o Bun) **(D)**

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Friday, November 1st:

**Soup of the Day: Chicken Velvet**

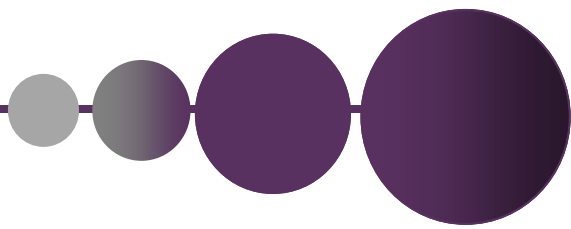
**Option 1:** Grilled Salmon with Tomato– Olive Vinaigrette served with Roasted Potatoes and Fresh Asparagus Vegetable Medley ♥ **(GF)** **(D)**

**Option 2:** Italian Fennel Sausage Pasta served with Green Beans and a Baked Parmesan Bread Stick (Available **(GF)**)

## 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 Assorted Rolls \***
- **Side Greek Salad**
- **Olive Hummus & Raw Vegetables**
- **Weekly Soup: French Onion Soup \***

*With Provolone Cheese & Croutons*

## 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: Warm Rice Pudding**

**Sunday: Peppermint Ice Cream Bar**

## Ice Cream **GF**

RF NSA Vanilla

RF NSA Chocolate

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

*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, November 3rd

**Soup of the Day: Bean & Pasta**

**Option 1:** Fall Waldorf Chicken Salad with Local Apples, Grapes, Celery, Walnuts, & Mayonnaise served on Fresh Greens **GF** with Baked Orange Bread

**Option 2:** Creamy Baked Macaroni & Cheese with Ham served with Steamed Broccoli

## Sunday, November 4th

**Soup of the Day: Vegetable **GF****

**Option 1:** Shrimp Po Boy Sandwich with Shredded Lettuce, Tomato and Creole Sauce served with French Fries & Creamy Cole Slaw

**Option 2:** Creamy Chipped Beef on Texas Toast with Mashed Potatoes and Italian 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:** Greek Grilled Chicken Salad with Romaine Lettuce, Fresh Roasted Beets, Olives, Cucumbers, Tomatoes, **D** Feta Cheese, and Greek Dressing **GF**

**Option 5:** Smoked Pork Nachos **D** with Tortilla Chips, Queso Cheese, Corn, Black Beans, Pico de Gallo, and Cilantro Lime Crema on the side **GF**

*Sorry no Substitutions*



## **Dietary Counselling Sessions with Lauren, MSDN**

Appointments available every  
Wednesday from 10am– 12:30pm.

Sign up at the front desk