



Arbor Menu

Week of November 13th

All Dinner options are served with Choice of Beverage: Coffee, Tea, Juice or Soda,
Choice of Three Starters and Featured Dessert or Ice Cream.

Weekly Starters

Please Choose up to Three Starters

All Starters Gluten Free Unless Noted *

- Baked Garlic Poppyseed Roll *
- Fresh Orange or an Apple ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side BLT Salad *
- Soup of the Day as Listed *
- Weekly Soup: Chicken Noodle * (R)
- Canned Reduced Sodium Soups (R)

Desserts

Monday: Italian Gelato

Tuesday: Peanut Butter Chocolate
Chip Blondie

Wednesday: Kentucky Butter Bundt
Cake with Carmel Rum Drizzle

Thursday: Orange Buttercream
Tart

Friday: Fruit of the Forest Pie

Ice Cream (GF)

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbet

(D) Dairy Free

♥ Heart Healthy Item

(R) Reduced Sodium

(GF) Gluten Free

Daily Entrée Selections

11/13 Monday:

Soup of the Day: Ham & Bean

Option 1: Fried Coconut Shrimp with Orange Marmalade Dipping Sauce, Steamed Basmati Rice and Fresh Steamed Broccoli ♥ (D)

Option 2: Crispy Breaded Veal Pattie with Dijon Mustard Cream Sauce served over Buttered Egg Noodles with Roasted Brussel Sprouts ♥

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11/14 Tuesday:

Soup of the Day: Chicken Spätzle (R)

Option 1: Broiled Lake Superior Whitefish with Roasted Redskin Potatoes, French Beans & Tarter Sauce (GF) (D)

Option 2: Roast Pork Tenderloin with Apple Raisin Chutney, Mashed Sweet Potatoes & Roasted

Asparagus (GF) (D)

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11/15 Wednesday:

Soup of the Day: French Onion (GF without Croutons)

Option 1: Seared Seasoned Tilapia Piccata with Lemon Caper Butter, Mashed Potatoes & Steamed Baby

Spinach (GF)

Option 2: Breaded Chicken Parmesan served over Linguine Noodles with Marinara Sauce & Fresh Zucchini ♥

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11/16 Thursday:

Soup of the Day: Black Bean & Rice (GF)

Option 1: Seared Salmon with Lemon Water Cress Salad and Dill Sauce. Served with Wild Rice Pilaf and Roasted Green Beans ♥ (GF) (D)

Option 2: Braised Apple Cider Glazed Chicken Thighs (D) with Buttermilk Mashed Potatoes and Roasted Carrots (GF)

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11/17 Friday:

Soup of the Day: Zuppa Toscana

Option 1: Steamed Gulf Shrimp Stir-fry with Mixed Peppers, Pea Pods, Broccoli and Water Chestnuts. Served over Jasmine Rice with Asian Stir Fry Sauce (D)

Option 2: Grilled Hanger Steak Frites (topped with French Fries) with Fresh Basil Butter and Stewed Tomatoes (GF)

Additional Entrée Selections

Options 3 - 5 listed on back of menu.

Arbor Menu

(Page 2)

The Arbor Dining Room is open from 4:00pm—6:00pm.

Pick Up, Delivery & Curbside Service are available everyday.

Weekly Starters

Please Choose up to Three Starters

*All Starters Gluten Free Unless Noted **

- **Baked Garlic Poppyseed Roll ***
- **Fresh Orange or an Apple ♥**
- **Mandarin Oranges**
- **Peaches in Lite Syrup**
- **Cottage Cheese ♥**
- **Low Fat Yogurt Cup ♥**
- **Un Sweetened Apple Sauce ♥**
- **Side BLT Salad**
- **Soup of the Day as Listed**
- **Weekly Soup: Chicken Noodle * **R****
- **Canned Reduced Sodium Soups **R****

Desserts

Saturday: Peppermint Brownie Cookies

Sunday: Strawberry Ice Cream Bar

Ice Cream **GF**

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbert

Saturday, November 18th

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

Option 1: Home Made Egg Salad **GF** served on a Croissant with Fresh Lettuce and Tomato. Served with Potato Chips and Fried Pickles with Zesty Dipping Sauce on the side.

Option 2: Baked Lasagna with Meat Sauce, Served with Steamed Broccoli and a Petite Caesar Salad with Tomatoes, Parmesan and Garlic Croutons

Sunday, November 19th

Soup of the Day: Homestyle Tomato

Option 1: Italian Sausage Bake with Mixed Peppers, Red Onions and Grape Tomatoes **GF** served over Rainbow Pasta **D** with Shaved Parmesan Cheese

Option 2: Crispy Fried Pork Egg Rolls served with Sweet and Sour Sauce, Steamed Rice & Asian Vegetables **D**

Additional Entrée Selections

Option 3: Baked Stuffed Portobella Mushroom with Spinach, Artichoke, Sundried Tomatoes & Feta Cheese. Served with Roasted Potatoes **GF**

Option 4: Grilled Chicken and Roman Salad with Chopped Bacon, Fresh Tomatoes, Chives, **D** Crumbled Gorgonzola Cheese, **GF** Croutons & Blue Cheese Dressing

Option 5: Braised Beef Tips with Creamy Mushroom Gravy, Egg Noodles and Steamed Fresh Vegetables

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