



Arbor Menu

Week of November 20th

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 Wheat Roll *
- Fresh Pear or Banana ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side Silver Maples Salad
- Carrot & Raisin Salad
- Soup of the Day as Listed *
- Weekly Soup: Patchwork Soup (D)
- Canned Reduced Sodium Soups

Desserts

Monday: Lemon Bars

Tuesday: Black Cow Ice Cream Soda

Wednesday: Tiramisu Poke Cake

Thursday: Apple or Pumpkin Pie

Friday: Hot Fudge Brownie Sundae

Ice Cream (GF)

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbert

(D) Dairy Free

♥ Heart Healthy Item

(R) Reduced Sodium

(GF) Gluten Free

Daily Entrée Selections

11/20 Monday:

Soup of the Day: Creamy Potato

Option 1: Baked Chicken Kiev stuffed with Parsley and Garlic Butter. Served with Wild Rice Pilaf and Steamed California Vegetable Blend ♥

Option 2: Slow Cooked Beef Pot Roast with Carrots, Celery, Onions & Herbs (D) served with Mashed Potatoes, Gravy and Root Vegetables (GF)

11/21 Tuesday:

Soup of the Day: Minestrone (R)

Option 1: Baked Lemon Pepper Atlantic Cod with Tarter Sauce on the Side, Roasted Potatoes and Baked Acorn Squash ♥ (GF) (D)

Option 2: Southern Style Pulled BBQ Pork Sandwich topped with Pickled Red Onion (GF) on a Brioche Bun with Sweet Potato Fries and Cole Slaw (D)

11/22 Wednesday:

Soup of the Day: Italian Wedding

Option 1: Sauteed Chicken Marsala with Mushrooms & Shallots served over Basmati Rice with Fresh Broccoli ♥

Option 2: Honey Baked Ham with Pineapple Sauce, Rosemary Potatoes and Baked Zucchini Spears (GF) (D)

11/23 Thursday: *Happy Thanksgiving! Join us at the luncheon Buffet. Please sign up in the Activities book*

Soup of the Day: Butternut Squash Bisque

Option 1: Old Bay Shrimp Salad (GF) on a Fresh Baked Croissant with Leaf Lettuce and Fresh Tomato. Served with a Marinated Vegetable Salad and Potato Chips

Option 2: Baked Chicken Tetrastini with Spaghetti Noodles, Mushrooms, Peas & Cheese. Served with Steamed Asparagus ♥

11/24 Friday:

Soup of the Day: Ham & Corn Chowder

Option 1: Fried Great Lakes Walleye with a Baked Potato, Chive Sour Cream on the Side and Honey Glazed Carrots with Parsley (GF) (D)

Option 2: Sauteed Beef Stir Fry with Peapods, Mixed Peppers, Broccoli, Green Onion and Sesame Seeds served with Brown Rice and Asian Stir Fry Sauce (GF) (D)

Additional Entrée Selections

Options 3 - 5 listed on back of menu

Arbor Menu



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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 Wheat Roll *
- Fresh Pear or Banana ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side Silver Maples Salad
- Carrot & Raisin Salad
- Soup of the Day as Listed *
- Weekly Soup: Patchwork Soup (D)
- Canned Reduced Sodium Soups

Desserts

Saturday: Nieman Marcus Cookies

Sunday: Nutty Cones

Ice Cream (GF)

NSA Vanilla or Chocolate

NSA Moose Tracks

NSA Butter Pecan

Dark Chocolate Raspberry

Road Runner Raspberry

Cappuccino Crunch

Strawberry

Orange Sherbert

*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, November 25th

Soup of the Day: Cream of Asparagus

Option 1: Chicken with Alfredo Cream Sauce, Penne Pasta and Steamed Broccoli

Option 2: Seasoned Beef and (D) Cheese Taco Salad with Lettuce, Tomatoes, Black Olives & Corn Chips served with Beans, Tomato Salsa & Sour Cream (GF)

Sunday, November 26th

Soup of the Day: Vegetable (R)

Option 1: Fried Tempura Shrimp served with Cocktail Sauce, Hush Puppies and Steamed Peas and Carrots (D)

Option 2: Baked BBQ Chicken Thigh (D) with Sweet Corn Pudding and Baked Parmesan Spinach (GF)

Additional Entrée Selections

Option 3: Butternut Squash Ravioli with Diced Squash, Shallots, Fresh Sage, Walnuts and Brown Butter Sauce

Option 4: Silver Maples Grilled Chicken Salad with Mixed Romaine Lettuce, Dried Cranberries, Blue Cheese Crumples and Candied Nuts. Served with Fat Free Raspberry Dressing on the side (GF)

Option 5: Fried Egg Rolls Filled With Pork & Vegetables, Served over Rice with Sweet & Sour Asian Vegetables (D)

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