



# Arbor Menu

Week of November 25th

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 Garlic & Poppyseed Roll \*
- Side Caesar Salad
- Weekly Soup: Manhattan Style Seafood Chowder

## Always Available

- Fresh Banana, Pear, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Monday: Vernors Float

Tuesday: Cinnamon Spiced Pastries

Wednesday: Strawberry Shortcake

Thursday: Assorted Pies

Friday: Hot Fudge Brownie Sundae

## Ice Cream

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

 Dairy Free

 500mg Sodium or Below

 Gluten Free

## Dinner Entrée Selections

Monday, November 25th:

**Soup of the Day: Cheesy Broccoli** 


**Option 1:** Lake Superior Whitefish with Lemon Chive Butter, Orzo Pasta, and French Beans 

**Option 2:** Slow Roasted Italian Beef with Mild

Peppers,  Mashed Potatoes, and Roasted Carrots 

Tuesday, November 26th:

**Soup of the Day: Beef Noodle** 




**Option 1:** Shrimp Linguine Pasta with Roasted Sweet Peppers and Basil Pesto Cream Sauce (Available )

**Option 2:** Baked Honey Glazed Ham  with Cheesy Potatoes and Steamed Asparagus 

Wednesday, November 27th:

**Soup of the Day: Sweet Potato Mushroom Barley**

**Option 1:** Fish & Chips served with French Fries, Lemon, Tartar Sauce, and Cole Slaw

**Option 2:** Grilled Chicken Pasta with Primavera Vegetables and Olive Oil, Garlic & Herb Sauce (Available  )  

Thursday, November 28th: **Happy Thanksgiving!**

Join us at the luncheon Buffet


**Soup of the Day: Tomato**

**Option 1:** Chilled Gulf Shrimp with Lemon and Cocktail Sauce, Creamy Slaw, and Potato Salad

**Option 2:** Second Time Around...Roast Turkey with Dressing, White Cheddar Mashed Potatoes with Gravy, Cranberry Sauce, and Green Bean Casserole

Friday, November 29th:

**Soup of the Day: Chicken Tortilla**

**Option 1:** Grilled Atlantic Salmon with Eggplant & Olive Relish and Dried Fruit Cous Cous 

**Option 2:** Chicken Fried Steak with Creamy Mushroom 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 Garlic & Poppyseed Roll \*
- Side Caesar Salad
- Weekly Soup: Manhattan Style Seafood Chowder

## Always Available

- Fresh Banana, Pear, or Apple
- Mandarin Oranges or Peaches
- Fruit Cocktail
- Cottage Cheese
- Low Fat Yogurt
- Un Sweetened Apple Sauce
- Canned Reduced Sodium Soups

## Desserts

Saturday: Sugar Cookies

Sunday: Novelty Cones

## Ice Cream

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.*



**Please Join Us for a Delicious Thanksgiving Buffett!**

Thursday November 28th at 11:00 am to 1:30 pm

In the Trellis & Bistro Dining Rooms

Reservations Available for Parties up to 8

Resident = Meal Exchange

Guest Price = \$32

## Saturday, November 30th



**Soup of the Day: Cheeseburger**


**Option 1:** Grilled Chicken Club Sandwich with Bacon, Monterey Jack Cheese, Avocado, Lettuce, and Tomato 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, December 1st


**Soup of the Day: Tuscan Bean** 



**Option 1:** Baked Orange Roughy with Lemon Butter, Roasted Potatoes, and Steamed Asparagus  

**Option 2:** Grilled Chicken Pasta with Creamy Alfredo Sauce and Steamed Broccoli (Available )

## Additional Entrée Selections

*Sorry Options #5 is not available on Thanksgiving day*

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

**Option 4:** Caesar Salad with Fresh Tomato, , Parmesan Cheese,  Baked Herbed Croutons, and Caesar Dressing served with or without Grilled Chicken

**Option 5:** Oven Baked Three Cheese Pizza with Basil Marinara Sauce and Crispy Cauliflower Crust  