



# Arbor Menu

Week of March 11th

*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 \**

- **Fresh Baked Ciabatta Bread \***
- **Fresh Fruit: Orange, Banana, Apple ♥**
- **Mandarin Oranges**
- **Peaches in Lite Syrup**
- **Cottage Cheese ♥**
- **Low Fat Yogurt ♥**
- **Un Sweetened Apple Sauce ♥**
- **Side Garden Salad**
- **Soup of the Day as Listed \***
- **Weekly Soup: Creamy Tomato Basil\***
- **Canned Reduced Sodium Soups**

## Desserts

**Monday: Pistachio Cake**

**Tuesday: Root Beer Float**

**Wednesday: Tapioca Pudding**

**Thursday: Pecan Pie**

**Friday: Chocolate Layer Cake with  
Irish Cream Sauce**

## Ice Cream **GF**

- RF NSA Vanilla or Chocolate
- RF NSA Strawberry
- RF NSA Turtle Sundae
- RF NSA Butter Pecan
- Dark Chocolate Raspberry
- Cappuccino Crunch
- Orange Sherbert

- RF Reduced Fat
- NSA No Sugar Added
- D** Dairy Free
- ♥ Heart Healthy Item
- R** Reduced Sodium
- GF** Gluten Free

## Daily Entrée Selections

**Monday, March 11th:**

**Soup of the Day: Sausage & Black Bean **GF****

**Option 1:** Baked Chicken Cordon Bleu with Swiss Cheese Sauce, Wild Rice Pilaf and Steamed California Vegetable Blend ♥

**Option 2:** Slow Cooked Beef Pot Roast **D** with Mashed Potatoes, **GF** Gravy and Roasted Garlic Green Beans ♥

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**Tuesday, March 12th:**

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

**Option 1:** Baked Lemon Pepper Atlantic Cod with Roasted Potatoes, Baked Squash & Tartar Sauce ♥ **GF** **D**

**Option 2:** Grilled Pork Tenderloin with Balsamic Glaze served with a Baked Sweet Potato and Fresh Asparagus ♥ **GF** **D**

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**Wednesday, March 13th:**

**Soup of the Day: Cauliflower & Asiago Cheese**

**Option 1:** Broiled Crabcake with Wild Rice Pilaf, Citrus Buttered Carrots and Garlic Aioli on the side **D**

**Option 2:** Pan-Fried Chicken Marsala with Mushrooms, Shallots and Parsley served with Roasted Yellow Potatoes and Fresh Steamed Broccoli ♥

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**Thursday, March 14th: Hollywood Night**

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

**Option 1:** Garlic Butter Shrimp Scampi **GF** served over Parmesan Risotto with Lemon Artichokes ♥

**Option 2:** Kung Poa Beef with Broccoli, Red Peppers, Roasted Peanuts, Steamed White Rice and Peanut Sauce **GF** **D**

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**Friday, March 15th Celebrating St. Patrick's Day!**

**Soup of the Day: Sweet Potato & Kale **GF****

**Option 1:** Fried Great Lakes Walleye with Home Made Tartar Sauce, Baked Potato, Chive Sour Cream on the side, and Steamed Minted Peas **D** (**GF** upon request)

**Option 2:** Traditional Corned Beef and Cabbage with Steamed Redskin Potatoes and Baby Carrots **GF** served with Brown Bread & Whole Grain Mustard **D**

## Additional Entrée Selections

**Options 3 - 5 listed on back of Menu**

# Arbor Menu

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The Arbor Dining Rooms 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 \**

- Fresh Baked Ciabatta Bread \*
- Fresh Fruit: Orange, Banana, Apple ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Low Fat Yogurt ♥
- Un Sweetened Apple Sauce ♥
- Side Garden Salad
- Soup of the Day as Listed \*
- Weekly Soup: Creamy Tomato Basil\*
- Canned Reduced Sodium Soups

## Desserts

**Saturday: “Whatchamacallit” Rice Krispie Treats**

**Sunday: Mint Chocolate chip Sundae**

## Ice Cream <sup>GF</sup>

RF NSA Vanilla or Chocolate

RF NSA Strawberry

RF NSA Turtle Sundae

RF NSA Butter Pecan

Dark Chocolate Raspberry

Cappuccino Crunch

Orange Sherbert

## Saturday, March 16th

**Soup of the Day: Oriental Beef <sup>GF</sup> <sup>R</sup>**

**Option 1:** Mexican Shrimp Bowl with Black Beans, Cauliflower Rice, Corn, Roasted Peppers, Tomatoes, and Cilantro Crema on the side <sup>GF</sup> <sup>D</sup>

**Option 2:** Fried BBQ Chicken Tenders with Sweet Potato French Fries <sup>D</sup> and Buttered Corn

## Sunday, March 17th

**Happy St. Patrick’s Day!**

**Soup of the Day: Corned Beef Stew**

**Option 1:** Baked Quiche with Cabbage, Onion, Ham and Irish Cheddar Cheese. Served with Roasted Redskin Potatoes and Fresh Fruit Salad ♥

**Option 2:** Baked Sheppard's Pie with Ground Beef, Lamb, Carrots, Sweet Corn, Onions, Peas, <sup>D</sup> and Gravy

## Additional Entrée Selections

**Option 3:** Grilled Cauliflower Crusted Pizza with Tomato Sauce, Olives, Peppers, Mushrooms & Onions topped with Mozzarella & Parmesan Cheese <sup>GF</sup>

**Option 4:** Fresh Garden Salad with Seasoned Grilled Chicken Breast, <sup>D</sup> Matchstick Carrots, Cucumbers, Tomatoes, Shredded Cheddar Cheese, <sup>GF</sup> and Home Made Ranch Dressing

**Option 5:** Vegetable Spring Rolls with Dipping Sauce <sup>GF</sup> and Pork Fried Rice with Carrots, Green Peas and Scallions

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.*



## Happy St. Patrick’s Day!

*“Wishing you a rainbow, For sunlight after showers—  
Miles and miles of Irish smiles, For golden happy  
hours— Shamrocks at your doorway,*

*For luck and laughter too, And a host of friends that  
never ends, Each day your whole life through”.*

