



# Arbor Menu

Week of March 18th

*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 French Rolls \*
- Fresh Apple, Orange or Banana ♥
- Low Fat Cottage Cheese ♥
- Un Sweetened Apple Sauce ♥
- Low Fat Yogurt Cup ♥
- Mandarin Oranges or Peaches
- Side Asian Salad
- Weekly Soup: Potato Leek \*
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

## Desserts

Monday: Confetti Cake

Tuesday: Old Fashioned Cherry Pie

Wednesday: Margarita Cutie Pies

Thursday: Pumpkin Pie

Friday: Baked Apple Lattice Pie

## Ice Cream

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

 Dairy Free

♥ Heart Healthy Item

 Reduced Sodium



 Gluten Free

## Daily Entrée Selections

Monday, March 18th:

**Soup of the Day: Italian Wedding**

**Option 1:** Gulf Shrimp Fettuccine Alfredo with Parmesan Cheese and Steamed Broccoli ♥

**Option 2:** Grilled BBQ Boneless Pork Chop   with White Cheddar Mac and Cheese and Southern Braised Greens

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Tuesday, March 19th:



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

**Option 1:** Baked Lemon Pepper Sole Filet with Steamed Redskin Potatoes and Roasted Brussel Sprouts  

**Option 2:** Baked Chicken Parmesan with Provolone Cheese, Linguine Noodles with Marinara Sauce & Fresh Zucchini ♥

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Wednesday, March 20:


**Soup of the Day: Beefy Mushroom & Wild Rice**


**Option 1:** Pistachio Crusted Atlantic Salmon with Roasted Fingerling Potatoes and Steamed Asparagus Almondine  

**Option 2:** Baked Chicken and Cheese Enchiladas with Black Beans & Rice and Steamed Mixed Vegetables ♥

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Thursday, March 21st:

**Soup of the Day: Wisconsin Cheese**


**Option 1:** Honey Orange Firecracker Shrimp with Steamed Coconut Rice and Fresh Broccoli, Red Peppers, Pea Pods, Water Chestnuts and Baby Corn 

**Option 2:** Baked Traditional Meatloaf  served with Mashed Potatoes and Gravy and Garlic Green Beans ♥

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Friday, March 22nd:

**Soup of the Day: Creamy Garlic**

**Option 1:** Broiled Lake Trout with Steamed Redskin Potatoes & Baked Spiced Butternut Squash ♥  

**Option 2:** Slow Cooked Chicken Coq au Vin with Thigh Meat, Red Wine, Bacon and Tomato Paste  served with Buttermilk Mashed Potatoes and Roasted Baby Carrots ♥

## 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\**

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- Fresh Apple, Orange or Banana ♥
- Low Fat Cottage Cheese ♥
- Un Sweetened Apple Sauce ♥
- Low Fat Yogurt Cup ♥
- Mandarin Oranges or Peaches
- Side Asian Salad
- Weekly Soup: Potato Leek \*
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

## Desserts

**Saturday: Vanilla Cupcakes with Chocolate Frosting**

**Sunday: Chocolate Cream Pie**

## Ice Cream

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 23rd


**Soup of the Day: Chicken Tortilla** 

**Option 1:** Crisp Belgium Waffles with Warm Maple Syrup, Pork Sausage Links and Fresh Fruit Salad ♥ 

**Option 2:** Homestyle Chicken and Biscuits with Carrots, Green Beans, Corn, Peas and Cream

## Sunday, March 24th


**Soup of the Day: Vegetable** 


**Option 1:** Fresh Tuna Salad Niçoise with Lemon, Onions & Celery. Served on Mixed Greens with Hard Boiled Egg, Mixed Olives, Tomatoes, Chilled Green Beans & Herbed Potatoes ♥ 

**Option 2:** Baked Chicken and Cheese Lasagna with Roasted Zucchini ♥ and Garlic Parmesan Toast

## Additional Entrée Selections

**Option 3:** Penne Pasta Primavera with Fresh Vegetables, Basil Pesto Cream Sauce and Toasted Nuts

**Option 4:** Grilled Asian Chicken Salad with Fresh Greens, Red Pepper, Carrots, Cucumbers and Mandarin Oranges topped with Crunchy Noodles and Sesame Asian Vinaigrette Dressing on the side ♥ 

**Option 5:** Halprens Ranch Beef & Chick Pea Burger with Lettuce & Tomato served with French Fries  and Buttered Corn ( with no Bun)

*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 Joyful Easter Buffett!**

**Sunday, March 31st at 11:30 to 1:30 pm**

**In the Trellis & Bistro Dining Rooms**

**Reservations Required for Residents and Guests**

**Sign up at the Front Desk**

**Resident = Meal Exchange**

**Guest Price = \$28**