



Arbor Menu

Week of March 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.*

Weekly Starters

- * *Please Choose up to Three Starters*
- All Starters Gluten Free Unless Noted **
- Baked Garlic & Poppyseed Roll*
- Fresh Mixed Pineapple & Mango ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Lite & Fit Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side Spring Salad
- Soup of the Day as Listed
- Weekly Soup: Chicken Vegetable (D) (R)
- Canned Reduced Sodium Soups

Desserts

- Monday: Chocolate Raspberry Cake
- Tuesday: Pumpkin Pie
- Wednesday: Tammy’s Southern Banana Pudding
- Thursday: Peach Cobbler
- Friday: Warm Berry Cobbler with Ice Cream

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

Dinner Entrée Selections

- Monday, March 25th:
Soup of the Day: Lobster Bisque
Option 1: Seafood Stew with Gulf Shrimp, Clams and Fish in a Tomato Saffron Broth served over Rice with Steamed Vegetables (GF) (D)
Option 2: Grilled Chicken Pasta with Fresh Mushrooms and Asparagus in a Red Bell Pepper Cream Sauce
.....
Tuesday, March 26th:
Soup of the Day: Cheesy Broccoli (GF)
Option 1: Cornmeal Crusted Fried Catfish with Roasted Brussel Sprouts with Bacon and a Baked Potato (D) with Chive Sour Cream on the side (GF)
Option 2: Grilled Balsamic Glazed Pork Tenderloin with Mashed Sweet Potatoes and Green Beans ♥ (GF) (D)
.....
Wednesday, March 27th:
Soup of the Day: Tomato Bacon Basil
Option 1: Baked Atlantic Salmon with Dijonaise Sauce, Roasted Potatoes & Steamed Asparagus ♥ (GF) (D)
Option 2: Hand Battered Fried Chicken Breast (D) with Mixed Baked Beans with Bacon and Creamy Cole Slaw
.....
Thursday, March 28th:
Soup of the Day: California Vegetable
Option 1: Grilled BBQ Shrimp Skewer with Black Beans & Rice (D) and Buttered Corn (GF)
Option 2: Braised Liver & Onions served with Smokey Bacon, Steamed Peas, Carrots ♥ (D) Mashed Potatoes and Gravy
.....
Friday, March 29th:
Soup of the Day: Chicken & Homestyle Noodle
Option 1: Broiled Lake Trout with Lemon and Fresh Herbs served with Golden Potatoes and Baked Vegetable Ratatouille (GF) (D)
Option 2: Braised Swiss Steak with Onions, Carrots, Celery & Tomato (D) served with Mashed Potatoes, Gravy and Creamed Corn

Additional Entrée Selections

Options 3 – 5 listed on back of Menu

Arbor Menu

(Page 2)

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 **

- Baked Garlic & Poppyseed Roll*
- Fresh Mixed Pineapple & Mango ♥
- Mandarin Oranges
- Peaches in Lite Syrup
- Cottage Cheese ♥
- Lite & Fit Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side Spring Salad
- Soup of the Day as Listed
- Weekly Soup: Chicken Vegetable (D) (R)
- Canned Reduced Sodium Soups

Desserts

Saturday: Neaman Marcus Cookies

Sunday: Creamy Vanilla Pudding
with Caramel 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

Saturday, March 30th

Soup of the Day: Minestrone (R)

Option 1: Marinated BBQ Meatballs served with Baked Macaroni and Cheese & Steamed Broccoli

Option 2: Greek Chicken Gyro Pita Sandwich with Feta Cheese, Red Onion, Cucumber and Tomatoes served with Garlic Yogurt Sauce on the Side and Seasoned French Fries

Sunday, March 31st

Happy Easter!

Soup of the Day: Cream of Celery

Option 1: Baked Quiche Lorraine with Ham, Bacon and Swiss Cheese. Served with Fresh Fruit Salad and a Warm Home Made Muffin

Option 2: Slow Cooked Beef Pot Roast (D) with Mashed Potatoes, (GF) Gravy & Garlic Green Beans

Additional Entrée Selections

We apologize Options 5 is not available on Easter Day

Option 3: Vegetarian Corn Tacos filled with Refried Beans, Roasted Peppers, Onions & Tomatoes (D) topped with Shredded Cheese and served with Fresh Pico de Gallo and Spanish Rice (GF)

Option 4: Grilled Chicken, Spinach & Mixed Green Salad (D) with Goat Cheese, Dried Cranberries and Toasted Nuts served with Fat Free Raspberry Dressing on the side (GF)

Option 5: Chilled Shrimp Cocktail with Lemon (D) and Cocktail Sauce, Loaded Potato Salad and Cranberry Power Greens Salad with Poppyseed Dressing (GF)

*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