



Arbor Menu

Week of April 15th

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: Blueberries & Mango ♥
- 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: Tomato Bisque * **R**
- Canned Reduced Sodium Soups

Desserts

Monday: Angel Food Cake with Citrus Drizzle

Tuesday: Pecan Pie

Wednesday: Orange Creamsicle Cups

Thursday: Texas Sheet Cake

Friday: Baked Apple Lattice Pie Ala Mode

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, April 15th:

Soup of the Day: Chicken & Homestyle Noodle **R**

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, April 16th:

Soup of the Day: Tomato Mac

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, April 17th:

Soup of the Day: Smoked Turkey & Potato

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 ♥ **D**

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Thursday, April 18th:

Soup of the Day: Vegetarian Three Bean Chili **GF**

Option 1: Garlic Butter Shrimp Scampi **GF** served over Linguine Noodles with Sauteed Spinach ♥

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

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Friday, April 19th:

Soup of the Day: Cream of Spinach

Option 1: Fried Great Lakes Walleye with Lemon Tartar Sauce, Roasted Redskin Potatoes, and Steamed Minted Peas **D**

Option 2: Grilled Halpern Farms Marinated Strip Steak served with a Baked Potato, **D** Chive Sour Cream and Roasted Broccoli with Olive Oil, Lemon and Parmesan **GF**

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 **

- **Fresh Baked Ciabatta Bread ***
- **Fresh Fruit: Blueberries & Mango ♥**
- **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: Tomato Bisque * (R)**
- **Canned Reduced Sodium Soups**

Desserts

Saturday: Peanut Butter Chocolate Chip Blondies

Sunday: Chocolate Mousse

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

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

Check Out Our New Meat Company... Halpern's Farms

Our story began in 1966, when our founder, Howard Halpern, arrived in Atlanta, GA, to start his own perishable food distribution business. His top priority was delivering exceptional and delightful meal options that people would feel good about eating. Today, we still have that same passion for the center of the plate, providing thousands of food service operations across the U.S. with the freshest and highest-quality meat, seafood, and protein solutions available on the market. After being voted Best Meat and Seafood Market by the Atlanta public for four consecutive years, Howard Halpern knew he was on the verge of something great. In 1983, with only five butchers, the Halpern family started the meat and seafood distribution company for which we've become so well known. And the rest was history.

Saturday, April 20th

Soup of the Day: Chicken Tortilla

Option 1: Creamy Seafood Newburg served over Buttermilk Biscuits with Fresh Steamed Asparagus ♥

Option 2: Fried BBQ Chicken Tenders served with Onion Rings (D) and Buttered Corn

Sunday, April 21st

Soup of the Day: Italian Wedding

Option 1: Baked BLT Quiche with Fresh Spinach, Bacon, Tomato and Sharp White Cheddar Cheese served with Roasted Redskin Potatoes and Fresh Fruit Salad ♥

Option 2: Greek Lamb Gyro Bowl with Fresh Tomato, Cucumber, Red Onion, Cannellini Beans (D) and Feta Cheese (GF) served with Pita Bread and Cucumber Yogurt Sauce on the Side

Additional Entrée Selections

Option 3: Grilled Cauliflower Crusted Pizza with Tomato Sauce and Roasted Vegetables, topped with Mozzarella and Parmesan Cheese (GF)

Option 4: Fresh Garden Salad with Seasoned Grilled Chicken Breast, Shredded Carrots, Cucumbers, Tomatoes, (GF) (D) Cheddar Cheese, and Baked Croutons served with Poppysseed Dressing on the side

Option 5: Vegetable Spring Rolls with Dipping Sauce and Chicken Fried Rice with Carrots, Green Peas and Scallions (D)