



Arbor Menu

Week of April 22nd

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
- Roasted Red Pepper Hummus with Fresh Vegetables
- Side Asian Salad
- Weekly Soup: Chicken & Orzo Vegetable *
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

Desserts

Monday: Shirley Temple Cake

Tuesday: Boston Cooler

Wednesday: Homemade Puff Pastry

Thursday: Blueberry Cream Cheese Pie

Friday: Hot Fudge Brownie Sundae

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 22nd:

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

Option 1: Broiled Atlantic Cod **D** Piccata with Lemon Caper Butter, Roasted Potatoes and Baby Carrots **GF**

Option 2: Veal Paprikash with Mushroom Paprika Cream Sauce, Mashed Potatoes and Steamed Peas ♥

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Tuesday, April 23rd:

Soup of the Day: Creamy Garlic

Option 1: Chilled Gulf Shrimp with Cocktail Sauce, Home Made Potato Salad & Vegetable Sticks ♥ **GF D**

Option 2: Baked Tuscan Chicken with Sundried Tomatoes, Mushrooms, Spinach and Cream served with Wild Rice Pilaf and Fresh Asparagus **GF**

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Wednesday, April 24th:

Soup of the Day: BLT

Option 1: Pistachio Crusted Atlantic Salmon with Roasted Fingerling Potatoes & Steamed Asparagus Almondine ♥ **GF D**

Option 2: Grilled Mesquite BBQ Chicken Breast with a Baked Potato, "Everything Seasoned Sour Cream" and Sweet Corn ♥ **GF D**

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Thursday, April 25th:

Soup of the Day: Lobster Bisque

Option 1: Seafood Linguine Alfredo with Shrimp, Scallops, Crab & Clams, served with Fresh Broccoli ♥

Option 2: Home Made Slow Roasted Beef Pot Roast with **D** Buttermilk Mashed Potatoes and Braised Pot Roast Vegetables **GF**

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Friday, April 26th:

Soup of the Day: Chicken & Wild Rice **GF R**

Option 1: Broiled Lake Trout with Apple Onion Relish, Steamed Redskin Potatoes & Baked Spiced Butternut Squash ♥ **GF D**

Option 2: Slow Cooked Chicken Coq au Vin with Thigh Meat, Red Wine, Bacon and Tomato Paste **D** served with Garlic Mashed Potatoes and Roasted Baby Carrots ♥ **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 French Rolls *
- Fresh Apple, Orange or Banana ♥
- Low Fat Cottage Cheese ♥
- Un Sweetened Apple Sauce ♥
- Low Fat Yogurt Cup ♥
- Mandarin Oranges or Peaches
- Roasted Red Pepper Hummus with Fresh Vegetables
- Side Asian Salad
- Weekly Soup: Chicken & Orzo Vegetable *
- Soup of the Day as Listed
- Low Sodium Canned Soups ♥

Desserts

Saturday: Fantasy Fudge

Sunday: Assorted Pies

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.
Alert staff to any allergies or dietary needs.*

Saturday, April 27th

Soup of the Day: Hungarian Mushroom

Option 1: Crab Stuffed Mushrooms **D** with Parmesan Cheese Sauce, Wild Rice Pilaf and Steamed Broccoli ♥

Option 2: Sloppy Joe Sandwich **GF** on a Fresh Baked Bun served with Fried Potato Wedges **D** Creamy Cole Slaw

Sunday, April 28th

Soup of the Day: Cheesy Broccoli **GF**

Option 1: Baked Chicken Parmesan with Provolone Cheese, Linguine Noodles with Marinara Sauce & Fresh Grilled Zucchini ♥

Option 2: Baked Ham with Macaroni and Sharp Cheddar Cheese, served with Steamed Broccoli, Carrots and Cauliflower ♥

Additional Entrée Selections

Option 3: Penne Pasta Primavera with Sundried Tomatoes, Fresh Vegetables, Olive Oil, Garlic & Herb Sauce, **D** and Parmesan Cheese

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

Option 5: Fried Chicken Wings **D** tossed with Garlic Parmesan Sauce served with French Fried Potatoes and Fresh Vegetable of the day **GF**

Sandwiches:

Served on Wheat Bread with Potato Chips

Grilled Cheese Sandwich

Peanut Butter & Jelly Sandwich

The Grill:

Grilled Chicken Breast **or** Chicken Tenders with Ranch Dressing served with Fresh Vegetables ♥

Hot Dog with Ketchup & Mustard served with Potato Chips