



Arbor Menu

Week of April 29th

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: Minestrone *
- Canned Reduced Sodium Soups

Desserts

Monday: Lemon Blueberry Bundt Cake

Tuesday: Fruits of the Forest Pie

Wednesday: Banana Crumb Cake

Thursday: Fresh Strawberry Pie

Friday: Caramel Apple 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

Dinner Entrée Selections

Monday, April 29th:

Soup of the Day: Tuscan Bean **GF** **(R)**

Option 1: Shrimp and Vegetable Stir Fry served over Brown Rice with Asian Ginger Sauce **GF** **(D)**

Option 2: Grilled Chicken Pasta with Fresh Mushrooms and Asparagus in a Red Bell Pepper Cream Sauce

Tuesday, April 30th:

Soup of the Day: California Vegetable Medley

Option 1: Cornmeal Crusted Fried Catfish with Roasted Brussel Sprouts and a Baked Potato **(D)** with Chive Sour Cream on the side **GF**

Option 2: Grilled Balsamic Glazed Pork Chop **GF** **(D)** with Mashed Sweet Potatoes and Green Beans ♥

Wednesday, May 1st:

Soup of the Day: Cabbage & Sausage **GF**

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, May 2nd:

Soup of the Day: Cream of Asparagus

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, May 3rd:

Soup of the Day: Loaded Potato

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



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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 **

- Baked Garlic & Poppseed 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: Minestrone *
- Canned Reduced Sodium Soups

Desserts

Saturday: Sugar Cookies

Sunday: Nutty Cone

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, May 4th

Soup of the Day: Beef Barley **R**

Option 1: Fried Fish and Chips with Creamy Cole Slaw, Fresh Lemon and Tarter Sauce on the side **D**

Option 2: Marinated BBQ Meatballs **GF** **D** served with Baked Macaroni and Cheese & Steamed Broccoli ♥

Sunday, May 5th

Soup of the Day: Tomato

Option 1: Fried Popcorn Shrimp with Lemon and Cocktail Sauce, Wild Rice Pilaf and Fresh Vegetables ♥ **D**

Option 2: Baked Quiche Lorraine with Ham, Bacon and Swiss Cheese served with Fresh Fruit Salad and a Warm Home Made Muffin

Additional Entrée Selections

Option 3: Baked Portobello Mushrooms stuffed with Yukon Gold Potatoes, Roasted Seasonal Vegetables and Drizzled with Balsamic Glaze **GF** **D**

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: Sloppy Joe **GF** Sandwich on a fresh Baked Bun served with Tomato Cucumber Salad and French Fries **D**

*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.*

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