



Arbor Menu

Week of April 8th

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 French Roll *
- Mixed Pineapple & Melon ♥
- Mandarin Oranges or Peaches
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side BBQ Ranch Salad *
- Side Creamy Cole Slaw
- Soup of the Day as Listed *
- Weekly Soup: Vegetarian Lentil **GF** **R**
- Canned Reduced Sodium Soups

Desserts

Monday: Pineapple, Orange, Coconut Rum Bundt Cake with Blue Moon Ice Cream

Tuesday: Strawberry Rhubarb Pie

Wednesday: Banana Split Cake

Thursday: Carrot Cake with Butter Cream Frosting

Friday: Key Lime Pie

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 8th:

Soup of the Day: Vegetable **R**

Option 1: Steamed Gulf Shrimp with Broccoli, Carrots, Red Pepper, Mushrooms and Water Chestnuts **GF** over Brown Rice with Stir Fry Sauce and Sesame Seeds **D**

Option 2: Pecan Crusted Chicken Breast with Maple Cream Sauce, Wild Rice Pilaf & Steamed Broccoli ♥

.....
Tuesday, April 9th:

Soup of the Day: Beef & Potato

Option 1: Buttermilk Fried Great Lakes Walleye served with Tartar Sauce on the side, Wild Rice Pilaf and Olive Oil Roasted Cauliflower ♥ **D**

Option 2: Slow Roasted Italian Braised Beef **D** with Mashed Potatoes and Roasted Baby Carrots ♥ **GF**

.....
Wednesday, April 10th:

Soup of the Day: Lemon Asparagus **GF**

Option 1: Broiled Orange Roughy **D** topped with a Lemon Hollandaise Sauce served with Roasted Redskin Potatoes and Steamed Asparagus ♥ **GF**

Option 2: Slow Cooked BBQ Ribs **D** served with a Creamy Corn Casserole and Fresh Garlic Green Beans ♥ **GF**

.....
Thursday, April 11th:

Soup of the Day: Borscht **R**

Option 1: Seared Italian Spiced Salmon with Tomato Basil Salsa, Roasted Redskin Potatoes and Grilled Zucchini ♥ **GF** **D**

Option 2: Lemon and Thyme Marinated Chicken Thighs served with a Baked Potato, Chive Sour Cream on the side and Roasted Mixed Vegetables ♥ **GF** **D**

.....
Friday, April 12th:

Soup of the Day: Black-Eyed Pea **GF**

Option 1: Seared Mediterranean Tilapia with Fresh Tomato, Lemon and Artichoke Sauce served with Roasted Potatoes & Steamed Broccoli ♥ **GF** **D**

Option 2: Pan Seared Steak Diane with a Sauce of Mushrooms, Mustard, Worcestershire and Cognac served with Mashed Potatoes and Roasted Brussel Sprouts ♥

Additional Entrée Selections

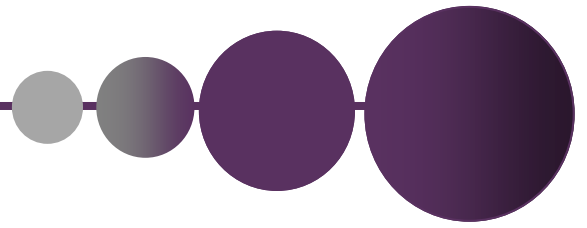
Options 3 - 5 listed on back of Menu

Arbor Menu

(Page 2)

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 French Roll *
- Mixed Pineapple & Melon ♥
- Mandarin Oranges or Peaches
- Cottage Cheese ♥
- Low Fat Yogurt Cup ♥
- Un Sweetened Apple Sauce ♥
- Side BBQ Ranch Salad *
- Side Creamy Cole Slaw
- Soup of the Day as Listed *
- Weekly Soup: Vegetarian Lentil **GF** **R** Breadstick
- Canned Reduced Sodium Soups

Desserts

Saturday: Chocoholic Bundt Cake

Sunday: Brown Cow (Coke Float with a Chocolate Syrup Drizzle)

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. In order to better serve you, Please keep substitutions to a minimum.

Saturday, April 13th

Soup of the Day: Oriental Beef

Option 1: Cheese Tortellini Pasta with Gulf Shrimp, Steamed Broccoli, Roasted Red Peppers, and Basil Pesto Cream Sauce

Option 2: Baked Garlic & Orange Glazed Chicken Wings **D** with Loaded Potato Salad and Carrot & Raisin Slaw **GF**

Sunday, April 14th

Soup of the Day: Chicken Velvet

Option 1: Honey Pecan Chicken Salad with Celery, Onion and Granny Smith Apples served over Mixed Greens with Fresh Fruit Garnish **GF** and a Warm Baked Muffin

Option 2: Baked Beef and Cheese Lasagna served with Roasted Squash and a Garlic Parmesan

Additional Entrée Selections

Option 3: Grilled Black Bean & Veggie Burger **GF** on a Sesame Bun, with Fresh Lettuce, Tomato, Red Onion, Sweet Potato Fries & Special Sauce **D**

Option 4: BBQ Grilled Chicken Salad with Romaine Lettuce, Sweet Corn, Black Beans, Red Onion, Tomatoes, **D** Shredded Cheddar Cheese **GF** and BBQ Ranch Dressing on the side

Option 5: Classic Beef Stroganoff with Egg Noodles and Mushroom Cream Sauce served with Steamed Peas & Pearl Onions

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