



Arbor Dinner Menu

Week of August 8th

All options are served with: *Choice of Artisan Bread, Fresh Fruit or Canned Fruit, *Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Monday: Corn Muffins

Tuesday: Garlic Toast

Wednesday: Sunflower Bread

Thursday: French Roll

Friday: Wheat Roll

Fresh Fruit ♥

Monday: Fresh Banana

Tuesday: Sliced Watermelon

Wednesday: Whole Apple

Thursday: Mango & Pineapple

Friday: Bartlett Pear

**Applesauce, Canned Mandarin Oranges & Peaches also available.*

Soup

(Choice of One)

Weekly: Southwest Turkey & Bean

Monday: Mexican Street Corn

Tuesday: Southwest Pork & Bean

Wednesday: Wisconsin Cheese

Thursday: Cauliflower, Corn & Bacon

Friday: Chicken & Home-style Noodle **R**

Starters

Sour Cream Grape & Walnut Salad

Side Pear Salad (Without Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Cappuccino Crunch

NSA Moose Tracks

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

8/8 Monday:

Option 1: Broiled Seasoned Tilapia♥ **GF** served with Roasted Potatoes and Steamed Broccoli ♥

Option 2: Detroit Style Steamed Coney Island Hotdog with Chili Sauce, Mustard, Chopped Onions, French Fries and Homemade Cole Slaw

Featured Dessert: Everything But The Kitchen Sink Brownies

8/9 Tuesday

Option 1: Gulf Shrimp Tacos with Avocado, Cotija Cheese, Cilantro Slaw and Lime Crema. Served with Black Beans & Sautéed Mixed Peppers & Onions

Option 2: Grilled Marinated Teriyaki Chicken Breast topped with Pineapple Salsa and served with Steamed Brown Rice ♥ and Tempura Fried Vegetables

Featured Dessert: Fresh Baked Assorted Pies

8/10 Wednesday

Option 1: Baked Chicken Thighs **GF** ♥ Rosemary Scented Potatoes ♥ and Steamed Broccoli ♥

Option 2: Braised Cows Liver, Served with Potato & Cheese Pierogis with Crispy Bacon, Caramelized Onions and Steamed Brussel Sprouts

Featured Dessert: Hot Fudge Cake Sundae

8/11 Thursday

Option 1: Cajun Spiced Red Snapper **GF** ♥

with New Orleans Rice Pilaf and Braised Collard Greens

Option 2: Honey Baked Ham **GF** served with Cheesy Potatoes, Baked Summer Squash ♥ and Cinnamon Apple Sauce

Featured Dessert: Homemade Blueberry Cream Cheese Pie

8/12 Friday

Option 1: Seared Herb Seasoned Lake Trout ♥ **GF**

with Tartar Sauce, served with a Baked Sweet Potato ♥ and Crispy Roasted Brussel Sprouts ♥

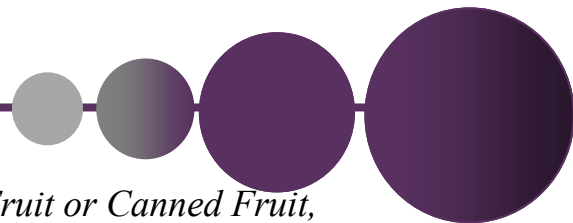
Option 2: Chargrilled Hangar Steak **GF** with Garlic Compound Butter, Baked Potato and Roasted Baby Carrots ♥

Featured Dessert: Fresh Baked Cheesecake

Additional Entrée Selections

Options 3 - 5 listed on back of menu.

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Saturday, August 13th

Artisan Bread

Saturday & Sunday: Assorted Rolls

Fresh Fruit ♥

Saturday & Sunday: Mixed Fruit

*Applesauce, Canned Mandarin Oranges
& Peaches also available.

Soup

(Choice of One)

Weekly: Southwest Turkey & Bean

Saturday: Vegetable & Beef

Sunday: French Onion

*Canned reduced sodium soups also
available.

Starters

Sour Cream & Grape Salad

Side Pear Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla

Chocolate

Cappuccino Crunch

NSA Moose Tracks

Option 1: Broiled Atlantic Salmon Stuffed with
Sundried Cranberries & Goat Cheese. Served with
Rice Pilaf & Steamed Asparagus ♥

Option 2: Baked Chicken Cordon Bleu stuffed with
Ham and Swiss Cheese, topped with a Dijon Cream
Sauce and Served with Rice Pilaf and Steamed
Broccoli ♥

Sunday, August 14th

Option 1: Breaded Veal Patties with Basil Marinara
Sauce, Linguini Noodles, Roasted Zucchini and a
Petite Caesar Salad with Garlic Croutons

Option 2: Beef & Cheese Lasagna served with
Garlic Toast and Italian Green Beans

Featured Dessert: Pecan Chocolate Chunk Cookies

Additional Entrée Selections

Option 3: Grilled Black Bean Burger with Garlic
Aioli, Leaf Lettuce, Tomato & Raw Onion on a Fresh
Baked Bun. Served with French Fries

Option 4: Strawberry & Gorgonzola Chicken Salad -
*Mixed Greens, Strawberries, Candied Pecans,
Gorgonzola Cheese & Balsamic Vinaigrette Dressing
on the side.*

Option 5: Sloppy Joe Sandwich, served with Fried
Onion Rings and Buttered Corn on the Cobb **GF**

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

*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