



Arbor Dinner Menu

Week of August 1st

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: Mexican Corn Bread

Tuesday: Hawaiian Roll

Wednesday: Sweet Breakfast Bread

Thursday: Wheat Roll

Friday: Garlic Butter Yeast Roll

Fresh Fruit ♥

Monday: Mixed Grapes

Tuesday: Whole Apple

Wednesday: Mixed Fruit

Thursday: Sliced Watermelon

Friday: Pineapple & Mango

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

Soup

(Choice of One)

Weekly: Chilled Summer Gazpacho

Monday: Moroccan Chick Pea

Tuesday: Potato & Ham

Wednesday: Crab Bisque

Thursday: Black Bean, Sausage and Rice

Friday: Cabbage **R**

**Canned reduced sodium soups also available.*

Starters

Carrot & Power Greens Dried Fruit & Sunflower Seeds Salad

Romaine & Apple Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Cappuccino Crunch

NSA Moose Tracks

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

Daily Entrée Selections

8/1 Monday:

Option 1: Fried Shrimp Tempura served with Asian Dipping Sauce, Brown Rice, ♥ Steamed Broccoli, Carrot, Water Chestnuts & Baby Corn ♥

Option 2: Baked Beef and Cheese Enchiladas with Mild Tomato Chili Sauce, Mexican Rice and Sautéed Mixed Peppers and Onions

Featured Dessert: Lemon Chiffon Cake

8/2 Tuesday:

Option 1: Fried Cornmeal Crusted Walleye with Roasted Yukon Gold Potatoes and Steamed Broccoli ♥

Option 2: Grilled Pork Tenderloin **GF** ♥ with Georgia Peach Chutney, Mashed Sweet Potatoes and Braised Mixed Greens ♥

Featured Dessert: Fruit of the Forrest Pie

8/3 Wednesday:

Option 1: Belgian Waffles with Warm Butter & Maple Syrup served with Pork Sausage Links & Fresh Mixed Berries ♥

Option 2: Baked Beef Mostaccioli with Penne Pasta, Mushrooms & Marinara Sauce, topped with Shredded Parmesan Cheese and served with Italian Green Beans ♥

Featured Dessert: Heath Bar Cake

8/4 Thursday:

Option 1: Baked Tilapia Fish with Lemon, Olive Oil and Paprika ♥ **GF** served with a Baked Potato with Chive Sour Cream and Steamed Asparagus ♥

Option 2: Roasted Herb Crusted Chicken Thighs with Pan Gravy, Cranberry Herb Stuffing and Maple Glazed Baby Carrots

Featured Dessert: Warm Bread Pudding with Sweet Vanilla Sauce

8/5 Friday:

Option 1: Steamed Atlantic Salmon **GF** ♥ with Fresh Lemon, Boiled Redskin Potatoes and Steamed Broccoli, Carrots & Cauliflower ♥

Option 2: Braised Steak Diane with Butter, Cognac & Shallot Sauce served with Mashed Potatoes & Harvard Beets

Featured Dessert: Hot Fudge Ice Cream Sundae

Additional Entrée Selections

Options 3 - 5 listed on back of menu.

Arbor Dinner Menu



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*Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Artisan Bread

Saturday & Sunday: Assorted Rolls

Fresh Fruit ♥

Saturday & Sunday: Mixed Fruit

*Applesauce, Canned Mandarin Oranges
& Peaches also available.

Soup

(Choice of One)

Weekly: Chilled Summer Gazpacho

Saturday: Hungarian Mushroom

Sunday: Vegetable **R**

*Canned reduced sodium soups also
available.

Starters

**Carrot & Power Greens Dried Fruit &
Sunflower Seed Salad**

Romaine & Apple Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla

Chocolate

Cappuccino Crunch

NSA Moose Tracks

Saturday, August 6th

Option 1: Million Dollar Chicken Casserole with
Cottage Cheese, Cream Cheese, Sour Cream and toasted
Cracker Crust. Served with Roasted Zucchini & Yellow
Squash

Option 2: Goulash with Beef & Tomato Sauce served
with Seasoned Steamed Vegetables ♥ and Baked Garlic
Bread

Featured Dessert: Texas Sheet Cake

Sunday, August 7th

Option 1: Chilled Shrimp Cocktail ♥ **GF** with Cocktail
Sauce, Fresh Lemon, Home Made Potato Salad and
Buttered Corn

Option 2: Fried Chicken Tenders served with Raw
Carrot & Celery Sticks ♥ and Bleu Cheese Dressing

Featured Dessert: Chocolate Brownies

Additional Entrée Selections

Option 3: Balsamic Marinated Portobello Mushroom,
Topped with Roasted Red Peppers and Feta Cheese.
Served with Steamed Mixed Vegetables. ♥ **GF**

Option 4: Apple & Goat Cheese Chicken Salad - *Romaine
Greens, Apples, Goat Cheese and Walnuts* ♥
Served with Poppyseed Dressing on the Side

Option 5: Fried Cod Sandwich served Fresh Lettuce,
Tomato and Tartar Sauce. Served with French Fries and
Steamed Mixed Vegetables ♥

♥ 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