



# Arbor Dinner Menu

Week of January 23rd

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:** French Roll

**Tuesday:** Garlic Stick

**Wednesday:** Sunflower Bread

**Thursday:** Wheat Roll

**Friday:** Un Common Roll

## Fresh Fruit ♥

**Monday:** Melon Slices

**Tuesday:** Banana

**Wednesday:** Clementine Orange

**Thursday:** Mango & Pineapple

**Friday:** Whole Apple

*\*Applesauce & Canned Mandarin Oranges & Peaches also available*

## Soup

*(Choice of One)*

**Weekly:** Cream of Mushroom

**Monday:** Minestrone (D)

**Tuesday:** White Chicken Chili

**Wednesday:** Pesto Chicken (R) (D)

**Thursday:** Steak & Potato

**Friday:** Italian Wedding (D)

*\*Canned reduced sodium soups also available.*

## Starters

**Pickled Beets with Basil & Feta**

**Italian Garden Salad** ♥

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Chocolate**

**Strawberry**    **Butter Pecan**

**NSA Rotating Flavor**

(D) Dairy Free

♥ Heart Healthy

(R) Reduced Sodium

(GF) Gluten Free

## Daily Entrée Selections

**1/23 Monday**

**Option 1:** Seared Spiced Fish Tacos in Flour Tortillas, with Cheese, Tomato Salsa, Avocado Crema, Mexican Rice and Cilantro Slaw

**Option 2:** Oven Roasted Turkey Breast with Baked Herb & Sausage Stuffing, Mashed Potatoes, Brown Gravy, Green Bean Casserole and Cranberry Sauce

**Featured Dessert:** Cinnamon Toast Crunch

**1/24 Tuesday**

**Option 1:** Veal Piccata with Lemon, Garlic and Caper Butter Sauce, served over Creamy Parmesan Risotto with Roasted Baby Carrots ♥

**Option 2:** Stuffed Beef and Cheese Ravioli Pasta with Basil Marinara Sauce, Shaved Parmesan Cheese and Grilled Zucchini ♥

**Featured Dessert:** Assorted Pies

**1/25 Wednesday:**

**Option 1:** Baked Atlantic Cod with Lemon Herb Bread Crumbs, Served with a Idaho Baked Potato, (D) Steamed Asparagus ♥ and Sour Cream on the Side.

**Option 2:** Baked Meatloaf with Swiss Cheese and Mushrooms topped with Brown Gravy and served with Mashed Potatoes and Garlic Green Beans

**Featured Dessert:** Maple Bacon Ooey Goopy Butter Cake

**1/26 Thursday:**

**Option 1:** Fried Lake Perch with Cajun Tartar Sauce on the side, Hush Puppies and Roasted Parmesan Cauliflower ♥

**Option 2:** Grilled Pork Tenderloin with Warm Peach Compote, Baked Sweet Potato & Spaghetti Squash (GF) (D)

**Featured Dessert:** Grasshopper Pie

**1/27 Friday:**

**Option 1:** Gulf Shrimp Linguine with Tomato Vodka Cream Sauce, Topped with Parmesan Cheese and Chopped Italian Parsley. Served with Steamed Peas ♥

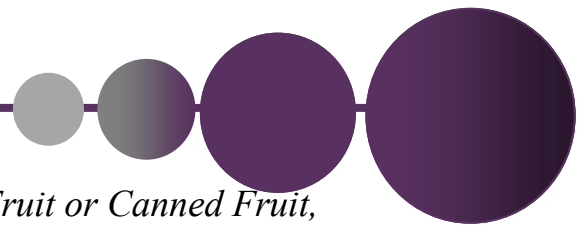
**Option 2:** All Beef Cheeseburger with Fresh Lettuce, Tomato & Pickle. Served with Fried Potato Wedges and Creamy Cole Slaw

**Featured Dessert:** Hot Fudge Sundae

## Additional Entrée Selections

**Options 3 - 5 listed on back of menu.**

# Arbor Dinner Menu



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

**Saturday & Sunday:** Assorted Rolls

## Fresh Fruit ♥

**Saturday & Sunday:** Chef's Choice

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

## Soup

*(Choice of One)*

**Weekly:** Cream of Mushroom

**Saturday:** Turkey Dumpling **R** **D**

**Sunday:** Cream of Spinach

*\*Canned reduced sodium soups also available.*

## Starters

**Pickled Beets with Basil & Feta**

**Italian Garden Salad** ♥

**Cottage Cheese** ♥

## Ice Cream

**Vanilla**      **Chocolate**

**Strawberry**      **Butter Pecan**

**NSA Rotating Flavor**

## Saturday, January 28th

**Option 1.** Fried Popcorn Shrimp with Lemon and Cocktail Sauce, Skinny Fries and Buttered Corn

**Option 2:** Tomato and Beef Lasagna with Ricotta, Mozzarella and Parmesan Cheese served with Roasted Zucchini & Yellow Squash and Baked Garlic Toast

**Featured Dessert:** German Chocolate Cake

## Sunday, January 29th

**Option 1:** Herb Seasoned Broiled Lake Superior Whitefish with Roasted Sweet Potato Wedges ♥ and Honey Glazed Carrots **D** **GF**

**Option 2:** Braised Swiss Steak with Onion Gravy, Mashed Potatoes and Steamed Broccoli & Cauliflower Blend ♥

**Featured Dessert:** Nutty Cone

## Additional Entrée Selections

**Option 3:** Roasted Vegetable Pizza with Tomato Sauce and Three Cheese Blend. Served with Chilled Antipasto Salad with Salami, Olives, Onion & Cheese

**Option 4:** Italian Garden Chicken Salad with Romaine Lettuce, Cucumber, Shredded Carrots, Tomatoes, Cannellini Beans, Herb Croutons & Italian Dressing **D**

**Option 5:** Sliced Corned Beef & Cabbage with Red Potatoes and Carrots. Served with Brown Bread & Whole Grain Mustard Sauce on the side **D**

♥ Heart Healthy

**R** Reduced Sodium

**GF** Gluten Free

**D** Dairy 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