

# Arbor Dinner Menu

Week of May 15th

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.

## Daily Entrée Selections

### Weekly Starters

\* Please Choose up to Three Starters

- Baked Garlic & Poppy Seed Rolls
- Fresh Blueberries or Banana ♥ GF
- Mandarin Oranges GF
- Peaches in Lite Syrup GF
- Cottage Cheese ♥ GF
- Low Fat Yogurt Cup ♥ GF
- Un Sweetened Apple Sauce ♥ GF
- Side Greek Salad ♥
- Soup of the Day as Listed
- Soup of the Week: Chilled Vegetable Gazpacho GF R ♥
- Canned Reduced Sodium Soups

### Desserts

Monday: Lime Cake

Tuesday: Warm Cherry Cobbler with Vanilla Ice Cream

Wednesday: Italian Tiramisu

Thursday: Home Made Banana Bread with Ice Cream

Friday: Peach Pie with Whipped Topping

### Ice Cream GF

Vanilla or Chocolate

Cappuccino Crunch

NSA Moose Tracks

NSA Butter Pecan

Strawberry

Dark Chocolate Raspberry

Road Runner Raspberry

ⓓ Dairy Free

♥ Heart Healthy

Ⓜ Reduced Sodium

GF Gluten Free

5/15 Monday:

Soup of the Day: Butternut Squash

Option 1: Fried Shrimp served with Cocktail Sauce on the Side, Vegetable Fried Rice and Sugar Snap Peas ⓓ

Option 2: Baked Chicken Caprese, with Fresh Basil, Mozzarella Cheese, Tomato & Balsamic Glaze. GF Served with Creamy Parmesan Risotto and Grilled Zucchini

5/16 Tuesday:

Soup of the Day: French Onion R

Option 1: Seared Spiced Lake Trout served with Tartar Sauce on the Side, Roasted Potatoes and Steamed Broccoli ♥ GF ⓓ

Option 2: Braised Salisbury Steak with Mushroom Gravy, Served with White Cheddar Mashed Potatoes and Steamed Fresh Asparagus

5/17 Wednesday:

Soup of the Day: Hungarian Mushroom

Option 1: Citrus Poached Atlantic Salmon, Served with Wild Rice Pilaf and Steamed Green Beans with Almonds ♥ GF ⓓ

Option 2: Baked Pork Chop Smothered with Onions & Buttermilk Gravy, served with Mashed Potatoes and Braised Mixed Greens

5/18 Thursday:

Soup of the Day: Chef Barbs Chili GF

Option 1: Gulf Shrimp Piccata in a Lemon Garlic Caper Butter Sauce GF served over Linguine Noodles with Steamed Fresh Broccoli

Option 2: BBQ Baked Chicken Thighs served with a Baked Sweet Potato and Roasted Zucchini, Bell Peppers, Onions, Mushrooms and Asparagus GF ⓓ

5/19 Friday:

Soup of the Day: Creamy Potato

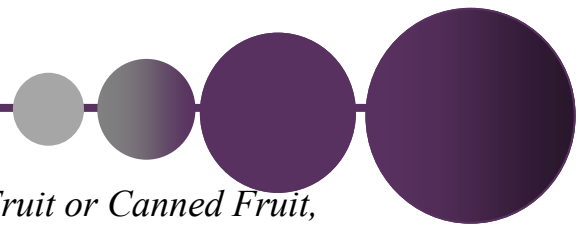
Option 1: Baked Old Bay Crab Cake with Celery, Onion, Peppers & Bread Crumbs. Served with Remoulade Sauce on the Side, Braised Butter Beans and Herbed Roasted Potatoes

Option 2: Slow Roasted BBQ Pork Ribs with Mixed Baked Beans ⓓ & Buttered Corn on the Cobb GF

### Additional Entrée Selections

Options 3 - 5 listed on back of menu.

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## Weekly Starters

\* Please Choose up to Three Starters

- Baked Garlic & Poppy Seed Rolls
- Fresh Blueberries or Banana ♥ GF
- Mandarin Oranges GF
- Peaches in Lite Syrup GF
- Cottage Cheese ♥ GF
- Low Fat Yogurt Cup ♥ GF
- Un Sweetened Apple Sauce ♥ GF
- Side Greek Salad ♥
- Soup of the Day as Listed
- Soup of the Week: Chilled Vegetable Gazpacho ♥ GF R

## Desserts

**Saturday:** Nutella Rice Crispy Treats

**Sunday:** Chocolate Pudding with Whipped Topping

## Ice Cream

Vanilla or Chocolate

Cappuccino Crunch

NSA Moose Tracks

NSA Butter Pecan

Strawberry

♥ 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.

## Saturday, May 20th

**Soup of the Day: Chicken Bacon Gnocchi**

**Option 1:** Cheese Stuffed Tortellini with Chicken and Broccoli in an Alfredo Cream Sauce

**Option 2:** Sloppy Joe Sandwich on a Fresh Baked Bun, served with Creamy Cole Slaw and Fried Potato Wedges D

## Sunday, May 21st

**Soup of the Day: Minestrone R**

**Option 1:** Fried Parmesan Calamari served with Marinara Sauce on the Side and Italian Green Beans

**Option 2:** Beef & Cheese Lasagna served with Garlic Toast and Roasted Italian Spiced Fresh Vegetables

## Additional Entrée Selections

**Option 3:** Baked Spanakopita (Spinach Pie) with Cucumber Yogurt Sauce on the side and Orzo Pasta Vegetable Salad

**Option 4:** Grilled Chicken Salad with Mixed Greens, Cucumbers, Tomatoes, Beets, Garbanzo Beans, Feta Cheese and Greek Dressing on the side. GF

**Option 5:** Baked Hawaiian Pizza with Diced Ham, Pineapple, Tomato Sauce & Mozzarella Cheese

### **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