

Arbor Dinner Menu

Week of May 22nd

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

- Fresh Baked Ciabatta Roll
- Fresh Mango or Apple ♥ GF
- Mandarin Oranges GF
- Peaches in Lite Syrup GF
- Cottage Cheese ♥ GF
- Low Fat Yogurt Cup ♥ GF
- Un Sweetened Apple Sauce ♥ GF
- Side Garden Salad ♥
- Soup of the Day as Listed
- Soup of the Week: Beef and Mushroom Barley
- Canned Reduced Sodium Soups R

Desserts

Monday: Chocolate Raspberry Cake

Tuesday: German Chocolate Cake

Wednesday: Peach Cream Cutie Pies

Thursday: Bread Pudding with Vanilla Sauce

Friday: Fruit of the Forest Pie

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

R Reduced Sodium

GF Gluten Free

5/22 Monday:

Soup of the Day: Vegetable R GF

Option 1: Shrimp Risotto with Garlic Parmesan Cream and Steamed Asparagus

Option 2: Spaghetti with Meat Sauce served with Roasted Italian Seasoned Zucchini & Yellow Squash and Garlic Bread with Parmesan Cheese

5/23 Tuesday:

Soup of the Day: Chicken Noodle R

Option 1: Fried Cornmeal Crusted Catfish with Remoulade Sauce on the Side, Southern Green Beans and New Orleans Rice Pilaf GF ⓓ

Option 2: Brown Sugar Baked Ham with Pineapple, Roasted Baby Carrots and Scalloped Potatoes GF

5/24 Wednesday:

Soup of the Day: Bean & Bacon

Option 1: Fried Great Lakes Lake Perch with Cabbage Slaw and Roasted Potato Wedges GF ⓓ

Option 2: Stuffed Peppers with Rice, Ground Beef, Onion, Garlic, Tomato Sauce and Cheese. Served with Chilled Cranberry, Bacon & Broccoli Salad

5/25 Thursday:

Soup of the Day: Cream of Asparagus

Option 1: Baked Cod with Lemon Herb Butter, Steamed Fresh Broccoli and Steamed Redskin Potatoes GF

Option 2: Roasted Turkey Breast with Baked Green Bean Casserole, Mashed Potatoes with Gravy and Cranberry Sauce

5/26 Friday:

Soup of the Day: Corn Chowder

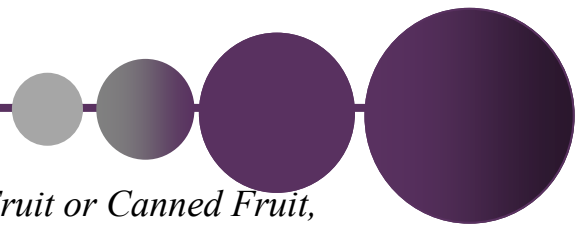
Option 1: Broiled Atlantic Salmon Cake with Dijon Mustard Sauce, Steamed Asparagus and Mashed Sweet Potato

Option 2: Grilled Hanger Steak with Garlic Butter, Steamed Broccoli and Baked Idaho Potato with Chive Sour Cream on the Side GF

Additional Entrée Selections

Options 3 - 5 listed on back of menu.

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- Mango or Apple ♥ GF
- Mandarin Oranges GF
- Peaches in Lite Syrup GF
- Cottage Cheese ♥ GF
- Low Fat Yogurt Cup ♥ GF
- Un Sweetened Apple Sauce ♥ GF
- Side Garden Salad ♥
- Soup of the Day as Listed
- Soup of the Week: Beef and Mushroom Barley
- Canned Reduced Sodium Soups R

Desserts

Saturday: Texas Sheet Cake

Sunday: Assorted Pies

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 27th

Soup of the Day: Pasta Faggioli

Option 1: Chilled Shrimp Cocktail with Cocktail Sauce on the Side, Steamed Peas & Carrots and Steamed White Rice GF D

Option 2: Fried Chicken Tenders D with Ranch Dressing on the Side, Steamed Peas & Carrots and French Fries

Sunday, May 28th

Soup of the Day: Italian Wedding

Option 1: Home Made Tuna Salad On Mixed Greens with Vegetable Garnish, Fresh Fruit GF and a Baked Warm Muffin

Option 2: Scrambled Eggs with Biscuits and Sausage Gravy and Fresh Fruit Garnish

Additional Entrée Selections

Option 3: Grilled Black Bean Burger with Lettuce, Tomato & “Special Sauce” on the Side. Served with French Fries & Home Made Cole Slaw D

Option 4: Grilled Chicken Salad with Mixed Greens, Cucumber, Carrots, Tomatoes, Cheddar Cheese GF and Croutons. Served with Poppyseed Dressing on the side.

Option 5: Detroit Style Steamed Coney Island Hotdog with Chili Sauce, Mustard, Chopped Onions, French Fries and Homemade Cole Slaw D

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