

Arbor Dinner Menu

Week of March 13th

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: Irish Soda Bread

Fresh Fruit ♥ GF

Monday: Mixed Grapes

Tuesday: Whole Apple

Wednesday: Fruit Medley

Thursday: Bananas

Friday: Pineapple & Blueberries

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

Soup

(Choice of One)

Weekly: Lemon Chicken Wild Rice

Monday: Turkey & Home-style Noodle

Tuesday: Beef & Potato

Wednesday: Italian Wedding

Thursday: Hamburger Vegetable

Friday: Irish Potato Leek

**Canned reduced sodium soups also available.*

Starters GF

Bacon & Pea Salad

Apple & Goat Cheese Side Salad

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Strawberry Butter Pecan

NSA Rotating Flavor

Ⓧ Dairy Free

♥ Heart Healthy

Ⓡ Reduced Sodium

GF Gluten Free

Daily Entrée Selections

3/13 Monday:

Option 1: Grilled Pineapple Chicken Teriyaki with Fried Rice and Steamed Broccoli and Red Peppers ♥Ⓧ

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

Featured Dessert: Guinness Brownies

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3/14 Tuesday:

Option 1: Fried Cornmeal Crusted Catfish with Roasted Yukon Gold Potatoes and Roasted Asparagus ♥ⓍGF

Option 2: BBQ Grilled Pork Tenderloin with Mashed Sweet Potatoes, Braised Mixed Greens ♥GF topped with Fried Onion PetalsⓍ

Featured Dessert: Dutch Apple Pie

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3/15 Wednesday:

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

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

Featured Dessert: Shamrock Cutie Pies

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3/16 Thursday:

Option 1: Steamed Atlantic Salmon served with a Baked Potato with Chive Sour Cream and Steamed Asparagus ♥GF

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

Featured Dessert: Whisky Caramel Cupcakes

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3/17 Friday:

Option 1: Baked Shepherd's Pie with Ground Beef, Garlic, Peas, Carrots, Tomato Paste and topped with Broiled Mashed Potatoes GF

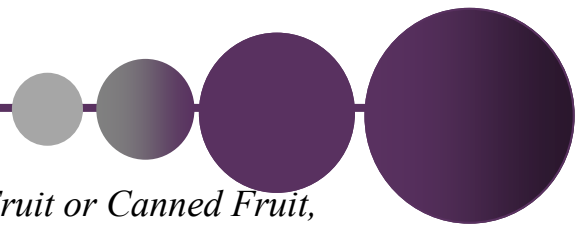
Option 2: Slow Cooked Spiced Corned Beef & Cabbage with Red Potatoes, Carrots & Broth. GF Served with Whole Grain Mustard & Sour Dough Bread Ⓧ

Featured Dessert: Vanilla Cheesecake with Bailey's Irish Cream Sauce

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 ♥ GF

Saturday & Sunday: Chef's Choice

*Applesauce, Canned Mandarin Oranges
& Peaches also available.

Soup

(Choice of One)

Weekly: Lemon Chicken Wild Rice

Saturday: Rosemary Chicken &
Dumpling

Sunday: Tomato

*Canned reduced sodium soups also
available.

Starters GF

Bacon & Pea Salad

Apple & Goat Cheese Side Salad

Cottage Cheese ♥

Ice Cream

Vanilla **Chocolate**

Strawberry **Butter Pecan**

NSA Rotating Flavor

Saturday, March 18th

Option 1: Pub Style Fish & Chips with Tartar Sauce,
Fresh Lemon, Potato Wedges and Vinaigrette Cole Slaw (D)

Option 2: Diced Chicken & Cheese Filled Tortellini
Pasta with Marinara Sauce, Parmesan Cheese & Roasted
Zucchini & Squash

Featured Dessert: Homemade Fantasy Fudge GF

Sunday, March 19th

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

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

Featured Dessert: Coconut Chocolate Nut Bar

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, Apples, Goat Cheese and Walnuts ♥ Served
with Poppysseed Dressing on the Side GF

Option 5: Marinated Grilled Chicken Sandwich served
Fresh Lettuce, Tomato and Dijon Mustard Sauce on the
side. Served with Roasted Potatoes Wedges and Steamed
Mixed Vegetables ♥ (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