



Arbor Dinner Menu

Week of January 16th

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: Wheat Roll

Wednesday: Cranberry Bread

Thursday: Wheat Roll

Friday: Sunflower Bread

Fresh Fruit ♥

Monday: Clementine Orange

Tuesday: Sliced Melon

Wednesday: Mixed Fruit

Thursday: Whole Apple

Friday: Banana

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

Soup

(Choice of One)

Weekly: Black Bean & Ham

Monday: Beef, Mushroom with Wild Rice **R**

Tuesday: Cheesy Broccoli

Wednesday: Chicken & Home Style Noodle **R**

Thursday: Split Pea & Ham

Friday: Fiesta Chicken

Starters

Creamy Cole Slaw

Side Roma Crunch & Cranberry 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

1/16 Monday

Option 1: Chicken, Shrimp and Sausage Jambalaya with Brown Rice, Onions, Bell Peppers and Celery. Served with Roasted Zucchini **D** **GF**

Option 2: BBQ Roasted Chicken Thighs with a Oven Baked Sweet Potato and Steamed Green Beans ♥ **D** **GF**

Featured Dessert: Orange Soak Cake

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1/17 Tuesday

Option 1: Fried Great Lakes Walleye with Tartar Sauce on the side, Baked Potato with Chive Sour Cream and Steamed Broccoli ♥

Option 2: Braised Swiss Steak **D** with Onion Gravy, Mashed Potatoes and Roasted Baby Carrots ♥

Featured Dessert: Cherry Crisp with Vanilla Ice Cream

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1/18 Wednesday

Option 1: Broiled Lake Trout **D** with Herb Garlic Butter, Steamed Redskin Potatoes and Roasted Butternut Squash **GF**

Option 2: Classic Creamy Chicken a la King with Mushrooms, Carrots & Peas. Served over Egg Noodles with Crispy Roasted Brussel Sprouts ♥

Featured Dessert: Baileys Chocolate Mint Pudding Parfait

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1/19 Thursday

Option 1: Steamed Shrimp Stir fry with Sautéed Mixed Peppers, Asparagus and Pea Pods served over Steamed Brown Rice ♥ with Asian Garlic Sauce **D**

Option 2: Buttermilk Fried Chicken with a Baked Biscuit with Honey Butter, Home Made Mac & Cheese and Braised Collard Greens

Featured Dessert: Old Fashioned Creamy Lemon Pie

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1/20 Friday

Option 1: Broiled Greek Spiced Salmon ♥ with Fresh Dill and Parsley. **GF** Served with Couscous (semolina pasta) and Braised Lemon Artichokes **D**

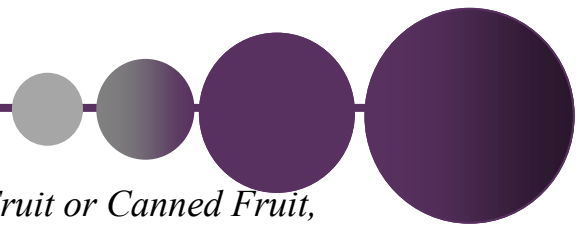
Option 2: Chicken Carbonara Pasta with Bacon, Peas, Parmesan and Cream

Featured Dessert: Fruit of the Forest Pie

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: Black Bean & Ham

Saturday: French Onion

Sunday: Cream of Potato

*Canned reduced sodium soups also available.

Starters

Creamy Cole Slaw

Side Roma Crunch & Cranberry
Salad

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Strawberry Butter Pecan

NSA Rotating Flavor

Saturday, January 21st

Option 1: Open Faced Crab Melt served on a Toasted English Muffin with Cheddar Cheese, Potato Chips and Fresh Fruit Garnish ♥

Option 2: Stuffed Cabbage Rolls with Ground Beef and Rice with a Plum Tomato Sauce. **GF** Served with German Spätzle and Steamed Mixed Vegetables ♥

Featured Dessert: Fantasy Fudge

Sunday, January 22nd

Option 1: Smoked Sausage and Cannellini Bean Stew with Celery, Onions, Carrots, Red Peppers and Potatoes. **GF** Served with Parmesan Garlic Bread

Option 2: Fresh Baked Quiche Served with Pork Sausage Links and Fresh Fruit Garnish ♥

Featured Dessert: Carrot Cake

Additional Entrée Selections

Option 3: Baked Spanakopita (Spinach Pie) Served with Stuffed Grape Leaves, Greek Cucumber Salad with Tomatoes, Olives and Red Onion. Served with Yogurt Sauce on the Side

Option 4: Grilled Chicken, Roma Crunch Lettuce Salad (Romaine & Iceberg) with Dried Cranberries, Walnuts and Feta Cheese. Served with Fat Free Raspberry Dressing on the Side **GF**

Option 5: Slow Roasted Beef Pot Roast with Mashed Potatoes, Gravy and Roasted Vegetables **GF**

♥ 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