



Arbor Dinner Menu

Week of September 19th

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

Artisan Bread

Monday: Wheat Roll

Tuesday: Hawaiian Roll

Wednesday: Cranberry Bread

Thursday: Sunflower Bread

Friday: Pretzel Roll

Fresh Fruit ♥

Monday: Melon Slices

Tuesday: Mixed Fruit

Wednesday: Mango & Pineapple

Thursday: Banana

Friday: Whole Apple

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

Soup

(Choice of One)

Weekly: Mushroom Barley (R) (D)

Monday: Italian Wedding

Tuesday: Cream of Spinach

Wednesday: Vegetable Beef (R) (D)

Thursday: Beef & Bean Chili (D)

Friday: Butternut Squash

Starters

German Cucumber Salad

Salad (w/o Chicken) ♥

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Strawberry Butter Pecan

NSA Rotating Flavor

(D) Dairy Free

♥ Heart Healthy

(R) Reduced Sodium

(GF) Gluten Free

9/19 Monday

Option 1: Fried Shrimp Tempura (D) served over Parmesan Risotto with Crispy Roasted Brussel Sprouts♥

Option 2: Baked Chicken Kiev stuffed with Parsley & Garlic Butter, served with Loaded Mashed Potatoes and Steamed Broccoli ♥

Featured Dessert: Cranberry Orange Cake

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9/20 Tuesday

Option 1: Grilled Chicken with Fresh Mushrooms, Asparagus, Carrots & Green Beans ♥ served over Penne Pasta with a Creamy Lemon Parmesan Sauce

Option 2: Pulled Pork Roast (GF) (D) with BBQ Sauce, served with a Baked Sweet Potato and Southern Green Bean Casserole

Featured Dessert: Chocolate Pudding

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9/21 Wednesday

Option 1: Seared Atlantic Salmon ♥ (D) with Warm Dijon Mustard Sauce, Mixed Potato Hash and Steamed Cauliflower, Carrots & Broccoli ♥

Option 2: Classic Beef Stroganoff with Beef Tips and Creamy Mushroom Sauce. Served over Egg Noodles with Steamed Baby Peas ♥

Featured Dessert: Blueberry Dump Cake

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9/22 Thursday

Option 1: Broiled Lake Superior Whitefish ♥ with Lemon and Tartar Sauce, served with Steamed Redskin Potatoes ♥ and Honey Roasted Baby Carrots

Option 2: Sautéed Pepper Steak (GF) with Mushrooms, Mixed Peppers, Steamed Brown Rice ♥ & Ginger Garlic Sauce

Featured Dessert: Orange Cream Tart

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9/23 Friday- Culinary Travels to Germany! Mixer Dinner in the Maples Room - Please Sign up on Life Loop if you plan to join us. As Always, Pick up & Delivery are Available.

Featured Entrée:

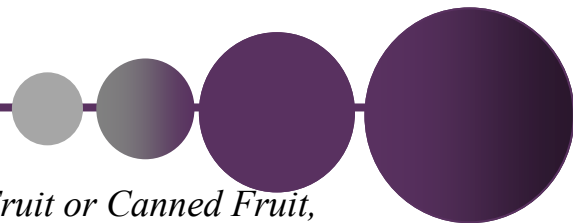
Beer Steamed German Bratwurst with Sauerkraut, Hot Potato Salad with Bacon Vinaigrette and Steamed Green & White Asparagus ♥

Featured Dessert: Apple Strudel w/ Whipped Cream

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 ♥

Saturday & Sunday: Chef's Choice

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

Soup

(Choice of One)

Weekly: Mushroom Barley **R** **D**

Saturday: Cheddar Broccoli **R**

Sunday: Chicken & Dumpling

Starters

German Cucumber Salad

Southwest Salad (w/o Chicken)

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Strawberry Butter Pecan

NSA Rotating Flavor

Saturday, September 24th

Option 1: Sweet & Sour Chicken **D** served with Fried Vegetable Rice and Steamed Peas & Carrots ♥

Option 2: Slow Roasted Roast Beef Au jus **D** with Mashed Potatoes & Buttered Corn

Featured Dessert: Vanilla Cupcakes with Chocolate Frosting

Sunday, September 25th

Option 1: Fried Cod Nuggets with Tartar Sauce, Seasoned Tater Tots and Steamed Mixed Vegetables ♥

Option 2: Baked Pepperoni Pizza with a Petite Antipasto Salad with Lettuce, Olives, Red Onion, Provolone Cheese, Salami & Mild Pepperoncini's with an Italian Vinaigrette Dressing

Featured Dessert: Baked Lemon Bars

Additional Entrée Selections

Option 3: Grilled Roasted Vegetable Pizza with Tomato Basil Sauce and Mozzarella Cheese served with Tortellini Pasta Salad ♥

Option 4: Southwest Chicken Salad ♥ *Romaine Lettuce, Tomatoes, Corn, Black Beans, Cheddar Cheese, Tortilla Strips, Southwest Ranch Dressing on the side*

Option 5 is not available on Friday, September 23rd due to our German Dinner

Option 5: Detroit Style Coney Island Hot Dog with fried potato wedges and Steamed Vegetables ♥

♥ 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