



# Arbor Dinner Menu

Week of November 28th

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:** Hawaiian Roll
- Wednesday:** Sunflower Bread
- Thursday:** Wheat Roll
- Friday:** French Roll

## Fresh Fruit ♥

- Monday:** Fresh Banana
- Tuesday:** Sliced Melon
- Wednesday:** Whole Apple
- Thursday:** Mango & Pineapple
- Friday:** Bartlett Pear

*\*Unsweetened Applesauce & Canned Mandarin Oranges & Peaches are also available daily*

## Soup

*(Choice of One)*

### Weekly: Turkey and Wild Rice

- Monday:** Minestrone
- Tuesday:** Chili
- Wednesday:** Hungarian Mushroom
- Thursday:** Curry Potato & Shrimp
- Friday:** Zuppa Toscana

*\*Canned reduced sodium soups also available.*

## Starters

- Pea and Peanut Salad
- Side Mixed Greens 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

### 11/28 Monday:

**Option 1:** Broiled Seasoned Tilapia ♥ Ⓜ ⓓ served with Roasted Potatoes and Steamed Broccoli ♥

**Option 2:** Hungarian Chicken Paprikash with Paprika Gravy, Mashed Potatoes and Roasted Cauliflower ♥

**Featured Dessert:** Eggnog Cake

### 11/29 Tuesday

**Option 1:** Gulf Shrimp Fettuccine Alfredo with Parmesan Cheese and Steamed Green Peas ♥

**Option 2:** Chicken and Cheese Enchiladas with Pico de Gallo and Sour Cream. Served with Black Beans & Sautéed Mixed Peppers & Onions

**Featured Dessert:** Peach Cobbler with Ice Cream

### 11/30 Wednesday

**Option 1:** Seared Teriyaki Atlantic Salmon ♥ topped with Pineapple Salsa, served with Steamed Brown Rice ♥ and Tempura Fried Vegetables

**Option 2:** Classic Baked Beef Meatloaf with Onion, Bread Crumbs, Fresh Parsley and Seasonings. Topped with Ketchup Glaze, ⓓ Served with Mashed Potatoes and Garlic Green Beans

**Featured Dessert:** Hummingbird Cake

### 12/1 Thursday

**Option 1:** Cajun Spiced Red Snapper Ⓜ ♥ served with New Orleans Rice Pilaf and Corn O'Brien ⓓ

**Option 2:** Honey Baked Ham Ⓜ ⓓ served with Cheesy Potatoes, Baked Summer Squash ♥ and Cinnamon Applesauce on the side

**Featured Dessert:** Banana Cream Pie

### 12/2 Friday

**Option 1:** Broiled Lake Trout with ⓓ Lemon Aioli Sauce served with Steamed Redskin Potatoes ♥ and Crispy Roasted Brussel Sprouts ♥ Ⓜ

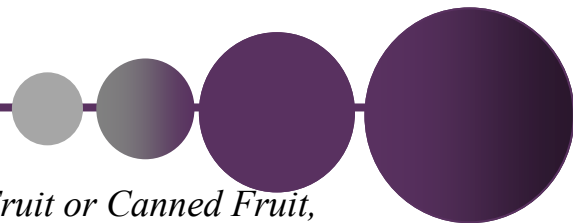
**Option 2:** Chargrilled Hangar Steak ⓓ with Herb Garlic Butter, Baked Potato with Sour Cream and Roasted Baby Carrots ♥ Ⓜ

**Featured Dessert:** Hot Fudge Sundae

## 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:** Turkey and Wild Rice

**Saturday:** Low Sodium Vegetable

**Sunday:** Tomato

\*Canned reduced sodium soups also  
available.

## Starters

Pea and Peanut Salad

Side Mixed Greens Salad

Cottage Cheese ♥

## Ice Cream

Vanilla      Chocolate

Strawberry      Butter Pecan

NSA Rotating Flavor

## Saturday, December 3rd

**Option 1:** Broiled Cod Served with Rice Pilaf & Steamed Asparagus ♥ **GF** **D**

**Option 2:** Baked Chicken Cordon Bleu stuffed with Ham and Swiss Cheese, topped with a Dijon Cream Sauce and Served with Rice Pilaf and Steamed Broccoli ♥

**Featured Dessert:** Chocolate Cupcakes with Vanilla Frosting

## Sunday, December 4th

**Option 1:** Breaded Chicken Pattie topped with Basil Marinara Sauce, Served over Linguini Noodles and Roasted Zucchini **D**

**Option 2:** Beef & Cheese Lasagna served with Garlic Toast, Italian Green Beans and a Petite Caesar Salad with Herbed Croutons

**Featured Dessert:** Assorted Pies

## Additional Entrée Selections

**Option 3:** Grilled Vegetable Burger ♥ **D** with Garlic Mayo, Leaf Lettuce, Tomato & Raw Onion on a Fresh Baked Bun. Served with Sweet Potato French Fries

**Option 4:** Mixed Greens Chicken Salad with Black Olives, Tomatoes, Pepperoncini's, Red Onion, Parmesan Cheese, Herbed Croutons and Italian Dressing on the side

**Option 5:** Fried Chicken Wings served with BBQ Sauce on the side, Tater Tots and Buttered Corn

**Option 6:** Grilled Swordfish ♥ **GF** topped with Sundried Tomato Pesto, Served with Mashed Garlic Potatoes and Steamed Mixed 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