



Arbor Dinner Menu

Week of September 12th

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: Sunflower Bread

Thursday: French Roll

Friday: Wheat Roll

Fresh Fruit ♥

Monday: Fresh Banana

Tuesday: Sliced Watermelon

Wednesday: Whole Apple

Thursday: Mango & Pineapple

Friday: Bartlett Pear

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

Soup

(Choice of One)

Weekly: Creamy Potato & Leek

Monday: Split Pea with Ham

Tuesday: Lemon Chicken & Rice **R**

Wednesday: Oriental Vegetable

Thursday: Beef Stroganoff

Friday: Hungarian Mushroom

Starters

Asian Coleslaw with Sesame Dressing

Side Silver Maples Salad

Cottage Cheese ♥

Ice Cream

Vanilla Chocolate

Cappuccino Crunch

NSA Moose Tracks

D Dairy Free

♥ Heart Healthy

R Reduced Sodium

GF Gluten Free

9/12 Monday:

Option 1: Broiled Seasoned Tilapia ♥ **GF** **D** served with Roasted Potatoes and Steamed Broccoli ♥

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

Featured Dessert: Carrot Cake

9/13 Tuesday

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

Option 2: Shredded Chicken Corn Tacos with Mexican Cheese, Pico de Gallo and Sour Cream. Served with Black Beans & Sautéed Mixed Peppers & Onions

Featured Dessert: Baked Pecan Pie

9/14 Wednesday

Option 1: Seared Teriyaki Atlantic Salmon ♥ **D** 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: Tres Leche Cake

9/15 Thursday

Option 1: Cajun Spiced Red Snapper **GF** ♥ **D** served with New Orleans Rice Pilaf and Fried Okra & Tomatoes

Option 2: Honey Baked Ham **GF** **D** served with Cheesy Potatoes, Baked Summer Squash ♥ and Cinnamon Apple Sauce on the side

Featured Dessert: Éclair Cake

9/16 Friday

Option 1: Broiled Crabcake with Lemon Aioli Sauce served with Steamed Redskin Potatoes ♥ and Crispy Roasted Brussel Sprouts ♥

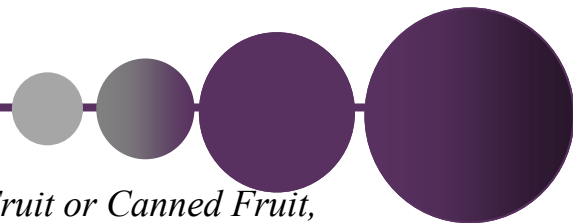
Option 2: Chargrilled Hangar Steak **GF** **D** with Herb Garlic Butter, Baked Potato with Sour Cream and Roasted Baby Carrots ♥

Featured Dessert: Boston Cream Pie

Additional Entrée Selections

Options 3 - 5 listed on back of menu.

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*Choice of Soup, *Choice of Weekly Salad or Starter Salad, and Featured Dessert.

Saturday, September 17th

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: Creamy Potato & Leek

Saturday: White Chicken Chili

Sunday: Vegetable **R**

Starters

Asian Coleslaw with Sesame Dressing

Side Silver Maples Salad

Cottage Cheese ♥

Ice Cream

Vanilla

Chocolate

Cappuccino Crunch

NSA Moose Tracks

Option 1: Broiled Flounder Stuffed with Crabmeat Served with Rice Pilaf & Steamed Asparagus ♥

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: Apple Crisp

Sunday, September 18th

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: Lemon Sorbet

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: Silver Maples Chicken Salad—Mixed Greens, Dried Cranberries, Gorgonzola Cheese, Toasted Nuts, Raspberry Dressing on the side **D**

Option 5: Sloppy Joe Sandwich, served on a Fresh Baked Bun with Fried Onion Rings and Buttered Corn

♥ 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