







ARBOR TERRACE®

# Sunday

## Health Key:

-  Favorite
-  Heart Healthy
-  New Item
-  Diabetic Friendly

**\*Consumer Advisory**  
Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of food-borne illnesses. Alert your server if you have special dietary requirements.

## MENU

### BREAKFAST

#### Breakfast Special

Potato and Cheese Frittata

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings

 Shrimp Bisque


 Garden Salad

#### Fresh Sides

French Fries

 Carrot and Raisin Salad

#### Entrées

 Corned Beef Reuben  
*Sauerkraut, Swiss, 1000 Island, Rye Bread*

 Chicken Salad Platter  
*Mixed Greens, Fresh Fruit, Asian Crackers*

#### Dessert

Sunday Sundaes

### EVENING

#### Beginnings

 Shrimp Bisque

 Garden Salad


#### Fresh Sides


Cheddar and Scallion Mashed Potatoes

Buttered Peas

Cornbread

#### Entrées

 Mississippi Pot  
*Ranch Seasoning, Pepperoncini, Pan Gravy*

 Turkey Pot Pie  
*Mirepoix, Fine Herbs, Buttermilk Biscuit*

#### Dessert





Apple Cranberry Walnut Pie



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# Monday

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## MENU

### BREAKFAST

#### Breakfast Special

Lemon Poppyseed Pancakes

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings

 Turkey Rice Soup

 Garden Salad

#### Fresh Sides

Macaroni Salad

 Side Salad

#### Entrées

 Quiche Lorraine  
*Bacon, Spinach, Onion, Swiss*

 French Dip  
*Provolone, Horseradish Cream, Au Jus*

#### Dessert

Chocolate Peanut Butter Bars

### EVENING

#### Beginnings

 Turkey Rice Soup

 Garden Salad

#### Fresh Sides

Garlic Orzo

 Glazed Carrots

Dinner Rolls

#### Entrées

 Pork Dijonaise  
*Mustard Sauce*

Fried Flounder  
*Tartar Sauce*

#### Dessert

Banana Nut Cake



ARBOR TERRACE®

# Tuesday

## Health Key:



Favorite



Heart Healthy



Green Power Food

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## MENU

### BREAKFAST

#### Breakfast Special

Egg & Cheese Sandwich on English Muffin

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings



Carrot Ginger Bisque



Garden Salad

#### Fresh Sides

Bistro Chips



Seasoned Black Beans

#### Entrées



Chicken Quesadilla

*Pico de Gallo, Sour Cream*

Shrimp Salad Sandwich

*Croissant, Lettuce, Tomato, Onion*

#### Dessert

White Chocolate Macadamia Nut Cookies

### EVENING

#### Beginnings



Carrot Ginger Bisque



Garden Salad

#### Fresh Sides



Brown Rice



Sauteed Spinach

Garlic Bread

#### Entrées



Baked Ziti

*Italian Sausage, Marinara, Mozzarella, Parmesan*



Chicken Francese

*Egg, Lemon, White Wine, Caper*

#### Dessert

Peanut Butter Pie



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# Wednesday

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## MENU

### BREAKFAST

#### Breakfast Special

Belgian Waffle with Fresh Strawberries

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings



Pasta Fagioli Soup



Garden Salad

#### Fresh Sides

Tater Tots



Cucumber Tomato Salad

#### Entrées



Old Fashioned Burger

*Brioche Bun, 1000 Island, American Cheese, Shredded Lettuce, Pickles*



Cobb Salad

*Marinated Chicken, Mixed Greens, Tomato, Cucumber, Red Onion, Bacon, Cheddar Cheese*

#### Dessert

Lemon Bar

### EVENING

#### Beginnings



Pasta Fagioli Soup



Garden Salad

#### Fresh Sides



Tri Colored Quinoa

Coleslaw

Dinner Rolls

#### Entrées



Pan-Seared Cod Cakes

*Roasted Corn, Avocado*



Lemon Pepper Chicken Wings

*Butter, Lemon Pepper, Parsley*

#### Dessert

Lemon Coconut Cake



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# Thursday

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## MENU

### BREAKFAST

#### Breakfast Special

Biscuits & Gravy

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings



Tomato Basil Soup



Garden Salad

#### Fresh Sides

Sweet Potato Fries



Coleslaw

#### Entrées



Alabama Slammer

*Shredded Chicken Breast, Alabama White, Provolone*



Beef and Bean Chili

*Cornbread*

#### Dessert

Novelty Ice Cream Bars

### EVENING

#### Beginnings



Tomato Basil Soup



Garden Salad

#### Fresh Sides

Roasted Fingerling Potatoes

Sauteed Red Pepper and Snap Peas

Dinner Rolls

#### Entrées



Braised Chicken Quarters

*Prosciutto, Mushroom, Marsala*



Tilapia Almondine

*White Wine, Almond, Parsley*

#### Dessert





Chocolate Chess Pie



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# Friday

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## MENU

### BREAKFAST

#### Breakfast Special

Wild Mushroom and Swiss Scramble

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs


Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings

 Potato and Ham Chowder


 Garden Salad


#### Fresh Sides

Pasta Salad

 Fresh Fruit Cup

#### Entrées

 Traditional Cheese Pizza  
*Marinara, Mozzarella, Parmesan*

 Chicken Caesar Salad  
*Romaine, Parmesan, House Made Croutons*

#### Dessert

Mixed Berry Crisp

### EVENING


#### Beginnings

 Potato and Ham Chowder


 Garden Salad

#### Fresh Sides

 Jasmine Rice Pilaf

 Roasted Seasonal Squash  
Dinner Rolls

#### Entrées

 Slow Cooked Roast Beef  
*Wild Mushroom, Demi-Glace*

 Grilled Pork Chop  
*Honey Glaze*

#### Dessert

Assorted Desserts



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# Saturday

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## MENU

### BREAKFAST

#### Breakfast Special

Banana Foster French Toast

#### À La Carte

Hot or Cold Cereals

Fresh Fruits

Choice of Eggs

Ham, Bacon or Sausage

Breakfast Potatoes

Toast, Muffin or Pastry

### MIDDAY

#### Beginnings



Winter Squash and Root Vegetable Soup



Garden Salad

#### Fresh Sides

French Fries



Cabbage and Apple Salad

#### Entrées

Turkey Club Wrap

*Bacon, Lettuce, Tomato, Cheddar, Herb Mayo*



Coconut Shrimp

*Pineapple Salsa*

#### Dessert

Rocky Road Brownies

### EVENING

#### Beginnings



Winter Squash and Root Vegetable Soup



Garden Salad

#### Fresh Sides



Mushroom Barley



Sauteed Green Beans

Dinner Rolls

#### Entrées



Roasted Chicken Thigh

*Lemon, Rosemary, Garlic*



Korean BBQ Glazed Salmon

*Sweet Chili, Scallion*

#### Dessert

New York Cheesecake