

SAMPLE DAILY MENU

BEVERAGES

TEA
COFFEE
MILK

LEMONADE
SOFT DRINKS:
COKE, DIET COKE, DR. PEPPER, SPRITE

SOUPS AND SALADS

CREAM OF ASPARAGUS
ITALIAN BEEF AND VEGETABLE
CAESAR SALAD
WEDGE SALAD

ARBOR NUTTY SALAD
(add chicken or shrimp)
CLASSIC COBB SALAD

SANDWICHES

Served with fries and a choice of either fresh fruit, soup or salad

ANGUS BEEF BURGER

CHICKEN BREAST

ENTRÉES

BEEF TENDERLOIN FILET
LOBSTER TAIL
SCALLOPS
LAMB CHOPS
CLASSIC FETTUCINE ALFREDO
PASTA PRIMAVERA
ROAST BEEF
GRILLED PORK CHOP

GRILLED MARINATED CHICKEN BREAST
GRILLED SALMON
SHRIMP



ARBOR OAKS

AT CRESTVIEW

 AN MRC HEALTHY LIVING COMMUNITY

SAMPLE DAILY MENU

SIDES

BAKED BEANS

POTATO SALAD

SAUTÉED SPINACH

GRILLED FRESH ZUCCHINI

STEAMED BROCCOLI AND CARROTS

SWEET CORN

BACON-WRAPPED ASPARAGUS

BEER-BATTERED ONION RINGS

FRESH SKILLET GREEN BEANS

BAKED POTATO

MASHED POTATOES

FRESH FRUIT

BAKED BEANS

COLESLAW

DESSERTS

BROWNIE

CHEESECAKE

FRENCH SILK PIE

CHOCOLATE BUNDT CAKE

LEMON BUNDT CAKE

CHOCOLATE MINT PIE

ICE CREAM



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