

DINING MENU WEEK 5

HEALTH KEY

- Heart Healthy
- Green Power Food
- Gluten Free
- Favorite
- Brain Healthy
- Diabetic Friendly
- New Item



ARBOR TERRACE
roseland

SUNDAY 10/25

MONDAY 10/26

TUESDAY 10/27

WEDNESDAY 10/28

THURSDAY 10/29

FRIDAY 10/30

SATURDAY 10/31

Breakfast *includes choice of beverage daily*

French Toast, Pancake, Waffle
Hot or Cold Cereals
Fresh Fruits
Choice of Eggs
Ham, Bacon or Sausage
Hash Brown
Toast, Muffin or Pastry

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Midday *includes choice of beverage daily*

Potato Cheese Soup
Garden Salad
Orange Ginger Pork Loin
Grilled Flat Iron Ribeye
Three Cheese Stuffed Potato
White Corn Cob
Rye Roll
Boston Cream Pie

Chicken Barley Soup
Garden Salad
Cottage Cheese & Fresh Fruit Platter
w/ fresh baked muffin
Chicken Tenders
Onion Rings
Cole Slaw
Dinner Roll
Assorted Pastries

Cauliflower Soup
Garden Salad
Turkey Patty Melt
Sloppy Joe
Apple Slaw
Mixed Vegetables
Dinner Roll
Cookie of the Day

Tomato Vegetable Soup
Garden Salad
Grilled Chicken Salad
Broiled Shrimp
Buttered Noodles
Mixed Vegetables
Dinner Roll
Jell-O

Vegetable Rice
Garden Salad
Turkey Cranberry Almond Salad
Pierogies
w/ sauteed onions and apple sauce
Dinner Roll
Scones

Turkey Noodle Soup
Garden Salad
Beet & Goat Cheese Salad
Grilled Pastrami & Swiss sandwich
Chick Peas Salad
Potato Chips
Dinner Roll
Diced Pears

Split Pea Soup
Garden Salad
Pasta Primavera
Sliced Steak Sandwich
w/ mushrooms, onions & provolone
Carrot Raisin Salad
Pickle Spear
Dinner Roll
Fresh Fruit Cup

Evening *includes choice of beverage daily*

Chef's Special Soup
Garden Salad
Cashew Encrusted Tilapia
Chicken Marsala
Wild Rice
Broccoli
Dinner Roll
Carrot Cake

Chicken Barley Soup
Garden Salad
Ravioli of the Month
Stuffed Pepper
Peas & Carrots
Dinner Roll
Apple Pie

Cauliflower Soup
Garden Salad
Beef Stew
Linguine w/ white clam sauce
Broccoli Rabe
Dinner Roll
Dessert Bars

Tomato Vegetable Soup
Garden Salad
Pork lo Mein
Eggplant Rolutini
Steamed Spinach
Garlic Bread
Yellow Cake

Vegetable Rice
Garden Salad
Broiled Cod w/ Herb Butter
Chicken Cordon Bleu
Potato Pancake
Roasted Zucchini
Dinner Roll
Chocolate Pudding

Turkey Noodle Soup
Garden Salad
Turkey Meatloaf
w/ gravy
Flounder Medirtanean
Roasted Red Potato
Brussels Sprout
Dinner Roll
Assorted Desserts

Split Pea Soup
Garden Salad
Spaghetti & Meatballs
Garlic Bread
Chicken Pot Pie
Green Beans
Dinner Roll
Chocolate Eclairs

Today's Snacks

Fresh Baked Goods
Infused Water

Fresh cut Fruit

Assorted Pastries
Infused Water

Sugar free Jello
Infused Water

Fresh Baked Goods
Infused Water

Fresh cut Fruit
Infused Water

Assorted Pastries