

# October 2019



Arbor Lakes Senior Living  
 12001 80th Avenue North Maple Grove, MN 55369  
 Chef / Reservations: 763-575-7026  
 Email: jean@arborlakesseniorking.com



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Made to Order Breakfast</b>  <b>Main Dining Room</b>  <b>8 AM - 9 AM</b>                      Tuesday Oct.29th</p>		<p><b>1</b></p> <p><b>Noontime Dinner</b>                      Crab Stuffed Orange Roughy                      OR                      Apricot Herb Chicken Quarters</p> <p><b>Evening Supper</b>                      Beef &amp; Onions on French Bread                      OR                      Chicken Cashew Salad</p>	<p><b>2</b></p> <p><b>Noontime Dinner</b>                      Pan Fried Walleye                      OR                      Chicken Parmesan</p> <p><b>Evening Supper</b>                      Grilled Chicken Cobb Salad                      OR                      Mushroom &amp; Swiss Burger</p>	<p><b>3</b></p> <p><b>Noontime Dinner</b>                      Beer Smoked Beef Brisket                      OR                      Harvest Pork Chop</p> <p><b>Evening Supper</b>                      Bananas Foster French Toast                      OR                      Homemade Beef Chili</p>	<p><b>4</b></p> <p><b>Noontime Dinner</b>                      Prime Rib Of Beef                      OR                      Fresh Maple Glazed Salmon</p> <p><b>Evening Supper</b>                      Chicken Alfredo                      OR                      Breaded Fried Shrimp</p>	<p><b>5</b></p> <p><b>Noontime Dinner</b>                      Open Faced Hot Turkey Sandwich                      OR                      Baked Ziti casserole</p> <p><b>Evening Supper</b>                      Spinach Salad                      OR                      Grilled Cheese and Bacon</p>
<p><b>6</b></p> <p><b>Noontime Dinner</b>                      Beef Pot Roast                      OR                      Potato Crusted Cod</p> <p><b>Evening Supper</b>                      Creamed Tuna Over Toast                      OR                      Turkey Rachel Sandwich</p>	<p><b>7</b></p> <p><b>Noontime Dinner</b>                      Fire Roasted Chicken                      OR                      Pineapple Brown Sugar Ham</p> <p><b>Evening Supper</b>                      Hamburger Steak                      OR                      Wisconsin Beer Brat</p>	<p><b>8</b></p> <p><b>Noontime Dinner</b>                      Salisbury Steak                      OR                      Vegetable Lasagna</p> <p><b>Evening Supper</b>                      Egg Salad Sandwich                      OR                      Amish Beef Casserole</p>	<p><b>9</b></p> <p><b>Noontime Dinner</b>                      Oven Roasted Turkey                      OR                      Grilled Beef Tenderloin</p> <p><b>Evening Supper</b>                      Stuffed French Toast                      OR                      Beef Taco Salad</p>	<p><b>10</b></p> <p><b>Noontime Dinner</b>                      Broiled Cod /Herb Wine Sauce                      OR                      Beer Cheese Chicken Fondue</p> <p><b>Evening Supper</b>                      Jumbo Hot Dog                      OR                      Chicken Enchilada</p>	<p><b>11</b></p> <p><b>Noontime Dinner</b>                      Poached Citrus Salmon                      OR                      Pork Prime Rib</p> <p><b>Evening Supper</b>                      London Fish &amp; Chips                      OR                      Grilled Ham &amp; Cheese</p>	<p><b>12</b></p> <p><b>Noontime Dinner</b>                      Country Style Pork Ribs                      OR                      Coconut Shrimp</p> <p><b>Evening Supper</b>                      Belgian Waffles                      OR                      Florentine Burger On Brioche</p>
<p><b>13</b></p> <p><b>Noontime Dinner</b>                      Bruschetta Baked Grouper                      OR                      Champagne Chicken</p> <p><b>Evening Supper</b>                      Sloppy Joe                      OR                      Flat Bread Pizza</p>	<p><b>14</b></p> <p><b>Noontime Dinner</b>                      Crispy Fried Chicken                      OR                      Pork Chops In Mushroom Gravy</p> <p><b>Evening Supper</b>                      Macaroni &amp; Cheese Bake                      OR                      Turkey Burger</p>	<p><b>15</b></p> <p><b>Noontime Dinner</b>                      Swiss Steak In Tomato Gravy                      OR                      Cheese Stuffed Manicotti</p> <p><b>Evening Supper</b>                      Beef Tips In Mushroom Gravy                      OR                      Grilled Shrimp Caesar Salad</p>	<p><b>16</b></p> <p><b>Noontime Dinner</b>                      Korean Boneless Short Ribs                      OR                      Crunchy Onion Chicken</p> <p><b>Evening Supper</b>                      Hawaiian Roll Ham Sandwich                      OR                      English Muffin Tuna Melt</p>	<p><b>17</b></p> <p><b>Noontime Dinner</b>                      London Beef Broil                      OR                      Pecan Crusted Salmon</p> <p><b>Evening Supper</b>                      Pulled Pork Sliders                      OR                      Chicken Lasagna</p>	<p><b>18</b></p> <p><b>Noontime Dinner</b>                      Fresh Salmon w/ Teriyaki Glaze                      OR                      Rock Cornish Game Hen</p> <p><b>Evening Supper</b>                      Apple Fritter French Toast                      OR                      Ham Salad on Croissant</p>	<p><b>19</b></p> <p><b>Noontime Dinner</b>                      Homemade Beef Stew                      OR                      Sweet &amp; Sour Pork</p> <p><b>Evening Supper</b>                      Pizza by the Slice                      OR                      BLT Sandwich</p>
<p><b>20</b></p> <p><b>Noontime Dinner</b>                      Italian Beef Pot Roast                      OR                      Oriental Breaded Shrimp</p> <p><b>Evening Supper</b>                      Homemade Chicken Pot Pie                      OR                      Patty Melt on Wheat</p>	<p><b>21</b></p> <p><b>Noontime Dinner</b>                      BBQ Smoked Beef Brisket                      OR                      Fresh Salmon W/Dill Sauce</p> <p><b>Evening Supper</b>                      Popcorn Shrimp                      OR                      Hungarian Beef Goulash</p>	<p><b>22</b></p> <p><b>Noontime Dinner</b>                      Beef &amp; Broccoli Stir-Fry                      OR                      Brie &amp; Apple Stuffed Chicken</p> <p><b>Evening Supper</b>                      Creamed Chipped Beef on Toast                      OR                      Josh's Chicken Fried Rice</p>	<p><b>23</b></p> <p><b>Noontime Dinner</b>                      Chicken &amp; Dumplings                      OR                      Rosemary Mustard Pork Tender</p> <p><b>Evening Supper</b>                      Chicken Wings                      OR                      Jamil's Chopped Salad</p>	<p><b>24</b></p> <p><b>Noontime Dinner</b>                      Red Wine Braised Short Ribs                      OR                      Broiled Garlic &amp; Butter Shrimp</p> <p><b>Evening Supper</b>                      Tuna Hot Dish                      OR                      Chili Dog</p>	<p><b>25</b></p> <p><b>Noontime Dinner</b>                      Pan Fried Rainbow Trout                      OR                      Fire Roasted Pork Loin</p> <p><b>Evening Supper</b>                      Maryland Crab Cakes                      OR                      Chicken Chow Mein</p>	<p><b>26</b></p> <p><b>Noontime Dinner</b>                      Roasted Lemon Thyme Chicken                      OR                      Beef Stroganoff</p> <p><b>Evening Supper</b>                      Cheese Ravioli                      OR                      Open Faced Hot Beef Sandwich</p>
<p><b>27</b></p> <p><b>Noontime Dinner</b>                      Honey Mustard Chicken Breast                      OR                      Spaghetti &amp; Meat Sauce</p> <p><b>Evening Supper</b>                      Chef's Breakfast Platter                      OR                      French Bread Pizza</p>	<p><b>28</b></p> <p><b>Noontime Dinner</b>                      Swedish Meatballs                      OR                      Lemon Pepper Tilapia</p> <p><b>Evening Supper</b>                      Loaded Baked Potato                      OR                      Quiche Lorraine w/ Fresh Fruit</p>	<p><b>29</b></p> <p><b>Noontime Dinner</b>                      Chef's Italian Sausage Lasagna                      OR                      Dried Tomato Vinaigrette Chicken</p> <p><b>Evening Supper</b>                      Soft Shell Chicken Taco                      OR                      Grilled Cheese Sandwich</p>	<p><b>30</b></p> <p><b>Noontime Dinner</b>                      Beef Burgundy                      OR                      Pork Tenderloin</p> <p><b>Evening Supper</b>                      Fried Chicken &amp; Waffles                      OR                      Cheddar Cheese Burger</p>	<p><b>31</b> Halloween</p> <p><b>Noontime Dinner</b>                      Fried Chicken                      OR                      Brown Sugar &amp; Maple Ham</p> <p><b>Evening Supper</b>                      Farm Table Salad                      OR                      New Yorkers Rueben</p>	<p><b>Menu Subject To Seasonal Change</b></p> <p><b>All Menus Are Based On A 5 Week Seasonal Rotation</b></p> <p><b>Chef Is Available To Discuss Any Special Requests/Requirement</b></p> <p>Please Make Reservations For All Guests. Advanced Notice is Appreciated.</p> <p><b>Meal Times</b>                      7:30 - 9:30 Breakfast                      12:00-1:00PM Dinner                      5:00-6:00PM Supper</p>	