




# January 2019



Willows of Arbor Lakes Senior Living  
 11955 80th Avenue North Maple Grove, MN 55369  
 Chef / Reservations: 763-777-8690  
 Email: chelseym@willowsofarborlakes.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>New Years Day</b> <b>Noontime Dinner</b> <i>French Chicken Bake topped with Grilled Asparagus &amp; Asiago Cheese Bread</i> <b>Evening Supper</b> <i>Grandmother's Hamburger Gravy over Mashed Potato with a Warm Dinner Roll</i>	2 <b>Noontime Dinner</b> <i>Broiled Orange Roughy with Rosemary Mashed Potato &amp; Fresh Steamed Vegetable</i> <b>Evening Supper</b> <i>Chipped Beef over Mashed Potato with Mixed Vegetable</i>	3 <b>Noontime Dinner</b> <i>Chicken Mushroom Marsala over Mashed Potato &amp; Vegetable</i> <b>Evening Supper</b> <i>Ground Beef &amp; Marinara Spaghetti with Garlic Bread</i>	4 <b>Noontime Dinner</b> <i>Sesame Ginger Salmon with Rice Pilaf &amp; Fresh Vegetable</i> <b>Evening Supper</b> <i>Minnesota Tuna Noodle Hot Dish with Warm Bread</i>	5 <b>Noontime Dinner</b> <i>Turkey Dinner with Mashed Potato, Gravy Corn &amp; Cranberry Sauce</i> <b>Evening Supper</b> <i>Loaded Baked Potato Bites topped with Bacon, Broccoli Cheese &amp; Sour Cream</i>
6 <b>Noontime Dinner</b> <i>Amish Brunch Casserole with a Fruit Muffin</i> <b>Evening Supper</b> <i>Beef Salisbury Steak with Au Gratin Potato &amp; Green Beans</i>	7 <b>Noontime Dinner</b> <i>Smoked Beef Brisket with Sweet Potato and Fresh Vegetable</i> <b>Evening Supper</b> <i>Chicken &amp; Waffles with Maple Syrup</i>	8 <b>Noontime Dinner</b> <i>Cheese filled Tortellini Vegetable Alfredo with Garlic Bread</i> <b>Evening Supper</b> <i>BBQ Pulled Pork Sandwich served with a Buttermilk Biscuit</i>	9 <b>Noontime Dinner</b> <i>All American Cheese Burger with French Fries and a Dill Pickle Spear</i> <b>Evening Supper</b> <i>Swedish Meatballs over Eggs Noodles with Vegetable Blend</i>	10 <b>Noontime Dinner</b> <i>Asian Style Pork Ribs with Stir Fry Vegetable and Mashed Potato</i> <b>Evening Supper</b> <i>Classic Egg Salad on a Soft Roll served with Tomato Basil Soup</i>	11 <b>Noontime Dinner</b> <i>Garlic Buttered Shrimp Scampi with Mashed Potato and Whole Kernel Corn</i> <b>Evening Supper</b> <i>Wild Alaskan Sole with Au Gratin Potato and Fresh Vegetable</i>	12 <b>Noontime Dinner</b> <i>Beef &amp; Marinara Lasagna with Vegetable Medley &amp; Sliced Asiago Bread</i> <b>Evening Supper</b> <i>Chili Taco Mac &amp; Cheese topped with Nacho Chips</i>
13 <b>Noontime Dinner</b> <i>Turkey, Bacon &amp; Tomato Scrambler served with a Fruit Muffin</i> <b>Evening Supper</b> <i>Minnesota Tator Tot Hot Dish with a Warm Dinner Roll</i>	14 <b>Noontime Dinner</b> <i>Chicken Primavera Pasta Alfredo with Garlic Bread</i> <b>Evening Supper</b> <i>Breaded Butterflied Shrimp with Fries and Cole Slaw</i>	15 <b>Noontime Dinner</b> <i>Beef Stew served with a Buttermilk Biscuit</i> <b>Evening Supper</b> <i>Sloppy Joe with Baked Beans and Potato Chips</i>	16 <b>Noontime Dinner</b> <i>Grilled Rib Eye Steak with Potato Salad and Whole Kernel Corn</i> <b>Evening Supper</b> <i>Ham, Hash &amp; Scrambled Eggs with a Danish Pastry</i>	17 <b>Noontime Dinner</b> <i>Turkey Wild Rice Casserole with a Warm Dinner Roll</i> <b>Evening Supper</b> <i>Beef Meat Loaf with Mashed Potato and Fresh Green Beans</i>	18 <b>Noontime Dinner</b> <i>Pecan Crusted Tilapia with Rice Pilaf and Fresh Vegetable</i> <b>Evening Supper</b> <i>Lemon Pepper Salmon with Pasta and Fresh Zucchini</i>	19 <b>Noontime Dinner</b> <i>Country Fried Chicken Fritters on Mashed Potato Gravy &amp; Corn</i> <b>Evening Supper</b> <i>Sausage &amp; Pepperoni Pizza Pasta with Garlic Bread</i>
20 <b>Noontime Dinner</b> <i>Ham &amp; Broccoli Omelet Bake with a Fruit Muffin</i> <b>Evening Supper</b> <i>Bourbon Street Meatballs with Mashed Potato and Mixed Vegetable</i>	21 <b>Noontime Dinner</b> <i>Dill Havarti Chicken over Mashed Potato and Fresh Vegetable</i> <b>Evening Supper</b> <i>Beef Pot Roast with Candied Yams and Fresh Green Beans</i>	22 <b>Noontime Dinner</b> <i>Spaghetti &amp; Meatballs with Garlic Breadsticks</i> <b>Evening Supper</b> <i>Sweet &amp; Sour Chicken over Mashed Potato with Cream Cheese Won Tons</i>	23 <b>Noontime Dinner</b> <i>Chicken Caccatorie over Garlic Potato with Asiago Bread</i> <b>Evening Supper</b> <i>Beef Pot Pie topped with Flaky, Butter Crust</i>	24 <b>Noontime Dinner</b> <i>Beef Short Ribs served with Carrot Bacon Hot Dish</i> <b>Evening Supper</b> <i>Sausage &amp; Egg Scrambler on a Bed of Potato Bites with a Fruit Muffin</i>	25 <b>Noontime Dinner</b> <i>Lemon Pepper Tilapia with Scalloped Potato &amp; Fresh Vegetable</i> <b>Evening Supper</b> <i>Coconut Shrimp with Tropical Jewel Rice &amp; Vegetable Egg Roll</i>	26 <b>Noontime Dinner</b> <i>Tender Beef Tips &amp; Gravy with Caramelized Onions &amp; Mushrooms over Egg Noodles</i> <b>Evening Supper</b> <i>Macaroni &amp; Cheese with Kielbasa Sausage and Honey Corn Bread</i>
27 <b>Noontime Dinner</b> <i>Scrambled Eggs, Sausage and Roasted Maple Potato with a Fruit Muffin</i> <b>Evening Supper</b> <i>Beef Brisket Sandwich with Smokey Gpuda Cheese Bites</i>	28 <b>Noontime Dinner</b> <i>BBQ Country Pork Ribs with Potato Salad and Whole Kernel Corn</i> <b>Evening Supper</b> <i>Cracker Crumb Haddock with Parsley Buttered Potato &amp; Peas &amp; Pearls</i>	29 <b>Noontime Dinner</b> <i>French Chicken Bake with Grilled Asparagus &amp; Asiago Cheese Bread</i> <b>Evening Supper</b> <i>Grandmother's Hamburger Gravy over Mashed Potato with a Warm Dinner Roll</i>	30 <b>Noontime Dinner</b> <i>Broiled Orange Roughy with Rosemary Mashed Potato &amp; Fresh Steamed Vegetable</i> <b>Evening Supper</b> <i>Chipped Beef over Mashed Potato with Mixed Vegetable</i>	31 <b>Noontime Dinner</b> <i>Chicken Mushroom Marsala Over Mashed Potato &amp; Vegetable</i> <b>Evening Supper</b> <i>Italian Ground Sausage With Marinara and Spaghetti</i>	 <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><b>Meal Times</b>                      7:30 - 9:30 Breakfast                      12:00-1:00PM Dinner                      5:00-6:00PM Supper</p>	