

September 2019



Embracing life. Enriching lives.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Noontime Dinner Ham & Broccoli Omelet Bake Brunch with a Fruit Muffin Evening Supper Bourbon Street Meatballs over White Rice & Vegetable Blend	2 Labor Day Noontime Dinner Beef Pot Roast with Candied Yams and Fresh Green Beans Evening Supper Dill Havarti Chicken over Mashed Potato with Fresh Vegetable	3 Noontime Dinner Spaghetti & Meatballs served with Garlic Breadsticks Evening Supper Sweet & Sour Chicken over White Rice with Cream Cheese Won Tons	4 Noontime Dinner Chicken Caccatorie over Garlic Potato with Asiago Bread Evening Supper Beef Pot Pie topped with Flakey, Buttery Crust	5 Noontime Dinner Tender Beef Short Ribs with Carrot Bacon Hot Dish and Onion Rings Evening Supper Sausage, Egg Scrambler on a bed of Potato Bites with a Fruit Muffin	6 Noontime Dinner Lemon Pepper Tilapia with Scalloped Potato & Fresh Vegetable Evening Supper Coconut Shrimp with Tropical Jewel Rice & Vegetable Egg Roll	7 Noontime Dinner Tender Beef Tips & Gravy with Caramelized Onions & Mushrooms over Egg Noodles Evening Supper Macaroni & Cheese with Kielbasa Sausage and Garlic Bread
8 Noontime Dinner Scrambled Eggs, Sausage Links & Maple Potato with Coffee Cake Evening Supper Beef Brisket Sandwich with Smokey Gouda Cheese Bites	9 Noontime Dinner BBQ Country Pork Ribs with Potato Salad and Whole Kernel Corn Evening Supper All American Cheese Burger Salad	10 Noontime Dinner French Chicken Bake with Grilled Asparagus & Asiago Cheese Bread Evening Supper Grandmother's Hamburger Gravy over Mashed Potato with a Warm Dinner Roll	11 Noontime Dinner Broiled Orange Roughy with Au Gratin Potato & Steamed Vegetable Evening Supper Chipped Beef (SOS) over Crumbled Biscuit and Mixed Vegetable	12 Noontime Dinner Chicken Mushroom Marsala over Mashed Potato with Steamed Vegetable Evening Supper Ground Italian Sausage Spaghetti with Garlic Bread	13 Noontime Dinner Sesame Gingered Salmon with Rice Pilaf & Fresh Vegetable Evening Supper Minnesota Tuna Noodle Hot Dish with Warm Bread	14 Noontime Dinner Turkey Dinner with Stuffing, Gravy, Corn and Cranberry Sauce Evening Supper Loaded Baked Potato Bites topped with Bacon, Broccoli Cheese & Sour Cream
15 Noontime Dinner Amish Brunch Casserole with a Fruit Muffin Evening Supper Beef Salisbury Steak with Au Gratin Potato & Green Beans	16 Noontime Dinner Smoked Beef Brisket with Sweet Potato and Fresh Vegetable Evening Supper Belgium Waffles and Chicken with Maple Apple Syrup	17 Noontime Dinner Cheese Filled Tortellini Vegetable Alfredo with Garlic Bread Evening Supper BBQ Pulled Pork Sandwich served with Memphis Baked Beans	18 Noontime Dinner All American Cheese Burger with French Fries and a Dill Pickle Spear Evening Supper Swedish Meatballs over Egg Noodles with Vegetable Blend	19 Noontime Dinner Asian Pork Ribs with Stir Fry Vegetables and Noodles Evening Supper Classic Egg Salad on a Soft Roll served with Cream of Asparagus Soup	20 Noontime Dinner Garlic Buttered Shrimp Scampi with Pasta and Vegetable Blend Evening Supper Wild Alaskan Sole with Au Gratin Potato and Fresh Vegetable	21 Noontime Dinner Beef & Marinara Lasagna with Malibu Vegetable and Asiago Bread Evening Supper Chili Taco Mac & Cheese on a bed of Corn Fritos
22 Noontime Dinner Turkey, Bacon & Tomato Scrambler served with a Fruit Muffin Evening Supper Minnesota Tator Tot Hot Dish with a Dinner Roll	23 Noontime Dinner Chicken Primavera Pasta Alfredo with Garlic Bread Evening Supper Breaded Butterflied Shrimp with Fries and Cole Slaw	24 Noontime Dinner Beef Stew served with a Buttermilk Biscuit Evening Supper Sloppy Joe with Baked Beans and Potato Chips	25 Noontime Dinner Grilled Rib Eye Steak with Potato Salad and Whole Kernel Corn Evening Supper Ham, Hash & Scrambled Eggs with a Danish Pastry	26 Noontime Dinner Chicken Wild Rice Casserole with a Warm Dinner Roll Evening Supper Beef Meat Loaf with Twice Baked Potato & Fresh Green Beans	27 Noontime Dinner Pecan Crusted Tilapia with Rice Pilaf & Fresh Vegetable Evening Supper Lemon Pepper Salmon with Pasta and Fresh Zucchini	28 Noontime Dinner Country Fried Chicken on Mashed Potato Gravy & Corn Evening Supper Sausage & Pepperoni Pizza Pasta with Garlic Bread
29 Noontime Dinner Ham & Broccoli Omelet Bake Brunch with a Fruit Muffin Evening Supper Bourbon Street Meatballs over White Rice & Vegetable Blend	30 Noontime Dinner Dill Havarti Chicken over Mashed Potato with Fresh Vegetable Evening Supper Beef Pot Roast with Candied Yams and Fresh Green Beans			Please Make Reservations For All Guests. Advanced Notice is Appreciated. Meal Times 7:30 - 9:30 Breakfast 12:00-1:00PM Dinner 5:00-6:00PM Supper		Menu Subject To Seasonal Change All Menus Are Based On A 5 Week Seasonal Rotation Chef Is Available To Discuss Any Special Requests/Requirement