

# September 2023



**Willows of Arbor Lakes Senior Living**  
11955 80th Avenue North Maple Grove, MN 55369  
Chef / Reservations: 763-777-8690  
Email: [joshe@willowsfarborlakes.com](mailto:joshe@willowsfarborlakes.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>			<p><b>Menu Subject To Seasonal Change</b></p> <p>All Menus Are Based On A 5 Week Seasonal Rotation</p> <p>Chef Is Available To Discuss Any Special Requests/Requirement</p>		<p>1 <b>Noontime Dinner</b> <i>Broiled Shrimp with Fingerling Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Beef Taco Salad with Southwest Sauce</i></p>	<p>2 <b>Noontime Dinner</b> <i>Country Fried Beef Steak with Mashed Potato, Gravy &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Ham &amp; Cheese Croissant Sandwich served with Potato Chips</i></p>
<p>3 <b>Noontime Dinner</b> <i>Denver Style Egg Bake Ham, Peppers, Onions &amp; Cheese with Hash Browns</i> <b>Evening Supper</b> <i>Tailgaters Beef Brisket Chili Bowl with Cornbread</i></p>	<p>4 <b>Labor Day</b> <b>Noontime Dinner</b> <i>Smokehouse Beef Brisket with Coleslaw &amp; Steak Fries</i> <b>Evening Supper</b> <i>Cuban Sandwich with Sweet Potato Tots</i></p>	<p>5 <b>Noontime Dinner</b> <i>Roasted Pork Tenderloin served with Baked Potato &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Sweet &amp; Sour Chicken with Asian Vegetables over Rice with Cream Cheese Wontons</i></p>	<p>6 <b>Noontime Dinner</b> <i>Homemade Meatloaf with Mashed Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Coconut Shrimp over Tropical Rice with Apricot Sauce</i></p>	<p>7 <b>Noontime Dinner</b> <i>Beef Lasagna in Marinara Sauce with Italian Vegetables</i> <b>Evening Supper</b> <i>Turkey &amp; Swiss Sandwich on Cranberry &amp; Wild Rice Bread with Tzatziki Sauce &amp; Pasta Salad</i></p>	<p>8 <b>Noontime Dinner</b> <i>White Wine Dill Sauce Cod with Parsley Butter Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Pork Carnitas Burrito Bowl</i></p>	<p>9 <b>Noontime Dinner</b> <i>Spaghetti &amp; Meatballs in Marinara Sauce served with Garlic Bread</i> <b>Evening Supper</b> <i>Macaroni and Cheese with Kielbasa Sausage &amp; Peas</i></p>
<p>10 <b>Noontime Dinner</b> <i>Sausage &amp; Cheese Egg Bake served with a Fruit Muffin</i> <b>Evening Supper</b> <i>Grilled Cheese Sandwich with Tomato Soup</i></p>	<p>11 <b>Noontime Dinner</b> <i>Dill Havarti Chicken with Rice Pilaf &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Grilled Hot Dog on a Bun with Potato Chips</i></p>	<p>12 <b>Noontime Dinner</b> <i>Beef Pot Roast with Mashed Sweet Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Grandmothers Hamburger Gravy over Mashed Potatoes</i></p>	<p>13 <b>Noontime Dinner</b> <i>Chicken Supreme over Egg Noodles &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>NY Deli Pastrami Reuben with 3 Bean Salad</i></p>	<p>14 <b>Noontime Dinner</b> <i>Turkey Dinner with Mashed Potatoes, Gravy Stuffing &amp; Green Beans</i> <b>Evening Supper</b> <i>Swedish Meatballs over Mashed Potatoes with Garden Peas</i></p>	<p>15 <b>Noontime Dinner</b> <i>Grilled Salmon with Roasted Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Corkscrew Shrimp Basket with French Fries, Coleslaw &amp; Cocktail Sauce</i></p>	<p>16 <b>Noontime Dinner</b> <i>Chicken Parmesan over Angel Hair Pasta with Marinara Sauce &amp; Garlic Bread</i> <b>Evening Supper</b> <i>Asian Chicken Cashew Salad served with a Fresh Baked Croissant</i></p>
<p>17 <b>Noontime Dinner</b> <i>Eggs, Sausage &amp; Breakfast Potatoes</i> <b>Evening Supper</b> <i>Stuffed Cabbage with Mashed Potatoes</i></p>	<p>18 <b>Noontime Dinner</b> <i>Seafood Newberg Pasta with Garlic Breadstick</i> <b>Evening Supper</b> <i>Bourbon Street Meatballs over Red Beans &amp; Rice</i></p>	<p>19 <b>Noontime Dinner</b> <i>BBQ Country Pork Ribs with Mac &amp; Cheese &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Italian Sub Sandwich with Salami, Ham, Lettuce, Tomato and Pasta Salad</i></p>	<p>20 <b>Noontime Dinner</b> <i>Korean BBQ Beef Short Ribs with White Rice &amp; Szechuan Green Beans</i> <b>Evening Supper</b> <i>Hungarian Goulash served with a Dinner Roll</i></p>	<p>21 <b>Noontime Dinner</b> <i>Beef Ravioli in Rosa Sauce with Italian Vegetables</i> <b>Evening Supper</b> <i>Chicken Tenderloins with Potato Salad &amp; Dipping Sauce</i></p>	<p>22 <b>Noontime Dinner</b> <i>Broiled Walleye with Butter Parsley Potatoes &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Mongolian Beef with White Rice &amp; Steamed Potstickers</i></p>	<p>23 <b>Noontime Dinner</b> <i>Country Fried Chicken Fritter over Mashed Potatoes &amp; Gravy and Whole Kernel Corn</i> <b>Evening Supper</b> <i>Bacon Cheddar Cheeseburger with A1 Peppercorn Sauce &amp; Onion Petals</i></p>
<p>24 <b>Noontime Dinner</b> <i>Chef's Choice Breakfast Plater</i> <b>Evening Supper</b> <i>Tuna Noodle Casserole topped with Crushed Potato Chips served with a Dinner Roll</i></p>	<p>25 <b>Noontime Dinner</b> <i>Turkey Ala King over Puff Pastry</i> <b>Evening Supper</b> <i>Sloppy Joe Sandwich with Tater Tots</i></p>	<p>26 <b>Noontime Dinner</b> <i>Beef Stroganoff over Egg Noodles &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>California Style Grilled Chicken Sandwich with Rosemary Fries &amp; Roasted Garlic Aioli</i></p>	<p>27 <b>Noontime Dinner</b> <i>Salisbury Steak with Mashed Potatoes &amp; Gravy &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Loaded Baked Potato with Cheddar Cheese, Bacon Sour Cream &amp; Chives</i></p>	<p>28 <b>Noontime Dinner</b> <i>Chicken Chow Mein over Rice topped with Chow Mein Noodles</i> <b>Evening Supper</b> <i>Grilled Wisconsin Beer Bratwurst on a Bun with Sauerkraut &amp; Cheddar Pretzel Nuggets</i></p>	<p>29 <b>Noontime Dinner</b> <i>Citrus Salmon with Rice Pilaf &amp; Vegetable Du Jour</i> <b>Evening Supper</b> <i>Italian Beef Sandwich with Au Jus &amp; 3 Bean Salad</i></p>	<p>30 <b>Noontime Dinner</b> <i>Chicken Broccoli Fettuccini Alfredo with a Breadstick</i> <b>Evening Supper</b> <i>Tater Tot Hotdish with Dinner Roll</i></p>