



Arbor Farms Kitchen

January Entrees & Salads

Rotating Seasonal Favorites

		1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	Ginger Lime Thighs
		Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Lasagna	Tortilla Black Bean Pie
		Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Imperial Chicken Salad	Blue Cheese Pasta
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Lasagna	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Imperial Chicken Salad	Carrot Chickpea Salad
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	Mushroom Bread Pudding	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Ginger Lime Thighs
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Lasagna	Tortilla Black Bean Pie
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Spiced Whipped Sweet Potatoes	Imperial Chicken Salad	Blue Cheese Pasta
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Breaded Chicken	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Lasagna	Cauliflower Fritters
Tarragon Chicken Salad	Grilled Salmon Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Apple and Cabbage Slaw	Imperial Chicken Salad	Carrot Chickpea Salad
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	Mushroom Bread Pudding	Fish Cakes		
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters		
Wheatberry Spring Salad	Carrot Raisin Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw		
	CREATIONS	AVAILABLE	EVERY	DAY	IN	
Every Day Entrees:	Salmon Burgers	Grilled Chicken Breast	Every Day Salads:	Classic Potato Salad	Broccoli Sunshine	Almond-Dill Chicken Salad
Grilled Salmon	Vegetable Lasagna	Mario's Lasagna	Quinoa Tabbouleh	AFM Chicken Salad	AFM Tuna Salad	Not-Chicken of the Sea
Sesame-cruste Tofu Cutlets	Mac n' Cheese	Turkey Meat Loaf	Sesame Green Beans	AFM Coleslaw	AFM Macaroni Salad	Greek Pasta Salad