



Arbor Farms Kitchen September Menu

Deli Salads, Entrees, Hot Bar, Organic Salad Bar, Hot Soups

color code plz be advised

Hot Bar
Buffet

Dinner Menu

4P - 7P

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stroganoff	BBQ Chicken	Chicken Pot Pie	Chicken Tikka masala	Shepherds Pie
Red Wine Marinara Pasta	Vegetarian Shepherd's Pie	Rstd Red Pepper Corn Cakes	Chickpea Curry w/ Sweet Potato	Kim-Chi Fried Rice
Herb-roasted Chicken	Nothern Italian Pasta	Steak & Peppers	Apple Crisp	Taco Casserole
color denotes:	Gluten-free	Vegetarian	Vegan	

also offered
on the Hot Bar:
**Vegetable
Potato/Rice
Beef Chili
Soups of Day
Chef Specials**

	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Chicken Pot Pie	Turkey Gruyere Burgers	Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Southwest Turkey Burgers
	Rstd Red Pepper Corn Cakes	Breakfast Burritos	Black Bean Burgers	Zucchini Fritters	Curried Coconut Stuffed Peppers	Tortilla Black Bean Pie
	Grilled Salmon Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw	Buffalo Chicken Salad	Blue Cheese Pasta
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Grilled Blackened Salmon	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Mediterranean Frittata	Black Bean Burgers	Zucchini Fritters	Cauliflower Fritters	Vegan Chickpea Quesadillas
Tarragon Chicken Salad	Carrot Raisin Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Southwest Summer Slaw	Asparagus Caprese	Carrot Chickpea Salad
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers	Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Southwest Turkey Burgers
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Breakfast Burritos	Black Bean Burgers	Zucchini Fritters	Curried Coconut Stuffed Peppers	Tortilla Black Bean Pie
Wheatberry Spring Salad	Grilled Salmon Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw	Buffalo Chicken Salad	Blue Cheese Pasta
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Grilled Blackened Chicken	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Grilled Blackened Salmon	South American Picadillo Casserole
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Mediterranean Frittata	Black Bean Burgers	Zucchini Fritters	Cauliflower Fritters	Vegan Chickpea Quesadillas
Tarragon Chicken Salad	Carrot Raisin Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Southwest Summer Slaw	Asparagus Caprese	Carrot Chickpea Salad
28-Sep	29-Sep	30-Sep				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Garlic Tomato Burgers	Chicken Pot Pie	Turkey Gruyere Burgers				
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Breakfast Burritos				
Wheatberry Spring Salad	Grilled Salmon Salad	Tuscan White Bean Salad				

	CREATIONS	AVAILABLE	EVERY	DAY	IN	September
Every Day	Salmon	Grilled	Every Day	Classic	Broccoli	Almond-Dill
Entrees:	Burgers	Chicken Breast	Salads:	Potato Salad	Sunshine	Chicken Salad
Grilled	Vegetable	Mario's	Baked	AFM	AFM	Not-Chicken
Salmon	Lasagna	Lasagna	Beans	Chicken Salad	Tuna Salad	of the Sea
Sesame-crustad	Mac n' Cheese	Turkey	Sesame	AFM	Waldorf	Greek Pasta
Tofu Cutlets		Meat Loaf	Green Beans	Coleslaw	Salad	Salad