



Arbor Farms Kitchen October 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-Oct		2-Oct		3-Oct		4-Oct	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
			Breaded Chicken	Fish Cakes	Bacon & Jalapeno Mac n Cheese	Southwest Turkey Burgers			
			Black Bean Burgers	Zucchini Fritters	Curried Coconut Stuffed Peppers	Tortilla Black Bean Pie			
			Broccoli Chutney	Apple and Cabbage Slaw	Buffalo Chicken Salad	Blue Cheese Pasta			
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
Tuna Noodle Casserole	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Shepherds Pie	South American Picadillo Casserole			
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Hazelnut Lasagna	Vegan Chickpea Quesadillas			
Tarragon Chicken Salad	Carrot Raisin Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Asian Slaw	Mock Chicken Salad	Carrot Chickpea Salad			
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct			
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	Stuffed Acorn Squash	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			
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
Tuna Noodle Casserole	Chicken Pot Pie	Turkey Gruyere Burgers	Tuscan Stuffed Peppers	Fish Cakes	Shepherds Pie	South American Picadillo Casserole			
Mushroom Stuffed Gratin	Spinach Roasted Red Pepper Gratin	Stuffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Butternut Hazelnut Lasagna	Vegan Chickpea Quesadillas			
Tarragon Chicken Salad	Carrot Raisin Salad	Spicy Vietnamese Tofu Salad	Waldorf Salad	Asian Slaw	Mock Chicken Salad	Carrot Chickpea Salad			
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct				
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				
Portobello Parmesan	Rstd Red Pepper Corn Cakes	Struffed Acorn Squash	Black Bean Burgers	Zucchini Fritters	Curried Coconut Stuffed Peppers				
Wheatberry Spring Salad	Grilled Salmon Salad	Tuscan White Bean Salad	Broccoli Chutney	Apple and Cabbage Slaw	Buffalo Chicken Salad				

	CREATIONS	AVAILABLE	EVERY	DAY	IN	October
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-crusted	Marios	Turkey	Sesame	AFM	Waldorf	Greek Pasta
Tofu Cutlets	Meatloaf	Meat Loaf	Green Beans	Coleslaw	Salad	Salad