

Entrée's

Tchoupitoulas Pot-au-feu

Poached Gulf Shrimp, Sea Scallops & Crabmeat in Creole Court Bouillon with Sweet Bell peppers, Mushrooms & Tomatoes

\$12.00

Mama's Chicken Fried Chicken

Country-style fried boneless Chicken Breast & Black Pepper Sawmill gravy Served with steamed fresh vegetables

\$10.00

Flat Iron Steak

Char-grilled Flat Iron steak cooked just the way you like it!

Served with steamed fresh vegetables, crispy-fried Tobacco Onions & Arbors Steak sauce

Petit portion \$ 8.00

Full portion \$12.00

Teriyaki Noodles "Yum-Yum"

Stir-fried Oriental Rice Noodles & vegetables tossed with Teriyaki "Yum-Yum" sauce & your choice of Chicken Breast ~or~ Gulf Shrimp Served with a crispy-fried Pork Eggroll

\$12.00

Santa Fe Pork Carnitas

Slow-roasted fresh Pork with sautéed Sweet Bell peppers, Onions & Ranchero sauce

Served with steamed fresh vegetables

\$10.00

Arbors "Pizza-Pizza"

Personal-sized Pizza pie "topped your way"

Available toppings: Pepperoni, Italian Sausage, Sweet Bell Peppers, Onions, Black Olives,

Extra cheese

\$10.00

All entrees served with the choice of a Dinner salad, Spinach salad or Soup of the Day

Desserts \$3 each; a selection is included for each resident's main meal of the day

**Virginia Health Department regulations prohibit the service of raw or undercooked meats, poultry, shellfish or eggs*

Salads & Sandwiches

Chef's Soup Kettle

Be sure to check the Chef's Daily Specials for what we offer today

Cup \$2.50 Bowl \$3.75

Arbors Dinner Salad

Your choice of: Mixed greens with Mandarin Oranges & Sweet Craisins, classic Caesar or warm Spinach salad

\$4.00

"The Big Kahuna" Kon Tiki Bowl

Hawaiian-style fresh Spinach salad with your choice of stir-fried Chicken Breast ~or~ Gulf Shrimp with Sweet Bell peppers, Golden Pineapple & toasted Cashews served with crispy-fried Pork Eggroll & Sesame-Ginger Vinaigrette dressing

Small \$7.50 Large \$8.50

Mediterranean Bistecca Insalata

Grilled Flat Iron steak served over mixed greens with Sweet Bell peppers, Grape Tomatoes, Red Onions, grilled Potatoes, crumbled Blue Cheese & Basil Pesto Vinaigrette dressing

Small \$7.50 Large \$8.50

"Nu Yawk Turkey Rachel"

Grilled Turkey Breast, Sauerkraut & Swiss cheese with 1000 Island dressing served on Marbled Jewish Rye

\$8.50

Arbors Hamburger

*Grilled 100% Beef Hamburger served on a griddled Kaiser roll with lettuce, tomato & red onions
Add a slice of cheese if you like: American, Cheddar or Swiss*

\$7.00

Old-fashioned Grilled Cheese

Grilled American cheese with vine-ripened tomatoes & Smithfield bacon on griddled White toast

\$5.00

Grilled Hot Dog

Nathan's 100% Beef Hot Dog with Chili sauce & Onions served on a steamed roll

\$4.50

All sandwiches are served with your choice of French fries, Cole slaw or Onion rings

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