

Arboretum Village

an  Immanuel community

APPETIZERS

CRUDITÉS

160 Cals, 7g Carbs, 1g Prot, 14g Fat, 342mg Sodium
Carrot | Celery | Radish | Ranch

FRIED BRUSSELS SPROUTS

86 Cals, 13g Carbs, 7g Prot, 3g Fat, 158mg Sodium
Brussels Sprout | Parmesan | Lemon | Parsley

SHRIMP COCKTAIL*

126 Cals, 12g Carbs, 16g Prot, 1.5g Fat, 394mg Sodium
White Shrimp | Cocktail Sauce
Lemon Wedge



ENTREES

All entrees include a choice of two sides.

SALISBURY STEAK*

568 Cals, 20g Carbs, 31g Prot, 40g Fat, 489mg Sodium

5oz Salisbury Steak
Mushroom and Onion Gravy

BBQ PORK CHOP*

310 Cals, 28g Carbs, 29g Prot, 10g Fat, 883mg Sodium

4oz Boneless Pork Chop
Barbecue Sauce

SEARED TILAPIA*

193 Cals, 19g Carbs, 24g Prot, 3g Fat, 91mg Sodium

4oz Tilapia
Mango and Cucumber Salsa

SEARED SALMON*

324 Cals, 6g Carbs, 23g Prot, 25g Fat, 250mg Sodium

4oz Salmon Fillet | Dill Cream
Lemon Zest

PORK TENDERLOIN*

279 Cals, 37g Carbs, 23g Prot, 3g Fat, 351mg Sodium

5oz Pork Tenderloin
Cherry Balsamic Glaze



CHEF'S FEATURE

Ask your server for today's selection.



TRADITIONAL LASAGNA*

538 Cals, 38g Carbs, 38g Prot, 26g Fat, 1779mg Sodium

Layers of Pasta | Ground Beef
Tomato Sauce | Parmesan | Mozzarella

RAINBOW CHICKEN*

312 Cals, 15g Carbs, 26g Prot, 17g Fat, 253mg Sodium

4oz Seared Chicken Breast | Carrot
Red Onion | Red Bell Pepper
Cherry Tomato | Yellow Squash
Balsamic Vinegar

BREADED COD BASKET*

593 Cals, 26g Carbs, 17g Prot, 49g Fat, 772mg Sodium







Two-Piece Breaded Cod Fillet
Tartar Sauce | Lemon Wedge

SHRIMP BASKET*

295 Cals, 61g Carbs, 12g Prot, 1g Fat, 1459mg Sodium

Five-Piece Breaded Shrimp
Cocktail Sauce | Lemon Wedge

SIDES

Mashed Potatoes & Gravy
Baked Potato
French Fries
Onion Rings
Sweet Potato Fries
Hashbrowns
Cottage Cheese 
Fruit 
Steamed Carrots 
Steamed Broccoli 
Steamed Green Beans 
Baked Beans
Coleslaw
Potato Salad
Rice Pilaf
Garlic Bread
Side Salad 
Featured Soup

 Vegetarian

 Gluten-Free Friendly

 Thrive Healthier Choice

*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

HANDHELDS

All handheld selections are served with a choice of one side. Select handhelds can be gluten-free.

CLASSIC CHEESEBURGER*

634 Cals, 27g Carbs, 36g Prot, 41g Fat, 1361mg Sodium

5oz All-Beef Patty | American Cheese | Lettuce | Tomato
Onion | Pickle | Toasted Bun

GRILLED CHICKEN CLUB*

584 Cals, 49g Carbs, 37g Prot, 26g Fat, 932mg Sodium

4oz Chicken Breast | Bacon | Lettuce | Tomato | Onion
Mayonnaise | Toasted Bun

FRENCH DIP*

707 Cals, 51g Carbs, 40g Prot, 37g Fat, 1952mg Sodium

4oz Sliced Beef | Swiss Cheese
Horseradish Cream | Toasted Bun
Au Jus



RANCH CHICKEN WRAP*

589 Cals, 38g Carbs, 34g Prot, 32g Fat, 1123mg Sodium

4oz Sliced Chicken Breast | Shredded Cheddar | Lettuce
Tomato | Onion | Ranch Dressing | Flour Tortilla

SALADS



Add Grilled Chicken*, Salmon*,
Crispy Chicken*, Shrimp*

Dressing Selection: Buttermilk Ranch, Blue
Cheese, Dorothy Lynch, Italian, Oil & Vinegar,
Poppy Seed

GARDEN SALAD V

130 Cals, 24g Carbs, 5g Prot, 2g Fat,
258mg Sodium

Mixed Greens | Cucumber | Radish
Tomato | Carrot | Red Onion | Crouton
Choice of Dressing

MANDARIN SALAD V

149 Cals, 34g Carbs, 2g Prot, 2g Fat,
79mg Sodium

Mixed Greens | Mandarin Oranges
Apple | Dried Cranberry | Chow Mein
Noodles | Choice of Dressing

MIXED BERRY SALAD V

176 Cals, 29g Carbs, 6g Prot, 5g Fat,
314mg Sodium

Mixed Greens | Strawberry | Black Berry
Raspberry | Blueberry | Feta Cheese
Crouton | Choice of Dressing

CHEF'S SOUP OF THE DAY

Prepared with only the freshest ingredients.
Be sure to ask your server for today's
selection.

 Broth-based soup is the healthier
choice.

PICK TWO

HALF OR WHOLE SANDWICH

Accompanied with a cup of soup or side salad.

Choice of Protein: Ham | Turkey | Chicken Salad* | BLT*

Choice of Cheese: American | Cheddar | Swiss

Choice of Bread: White | Wheat | Marble Rye



BREAKFAST FOR DINNER



Includes the choice of one side.

BUTTERMILK PANCAKES

657 Cals, 101g Carbs, 15g Prot, 22g Fat, 1097mg Sodium

Two Buttermilk Pancakes | Mixed Berries | Maple Syrup
Bacon or Sausage

IMMANUEL BREAKFAST*

439 Cals, 31g Carbs, 18g Prot, 26g Fat, 1042mg Sodium

Two Eggs Any Style | Two Pieces of Bacon or Sausage
Buttermilk Biscuit

DRINKS

Coca-Cola Products
Lemonade
Fruit Juice
Milk
Iced Tea
Hot Tea
Coffee

THRIVE HEALTHIER CHOICE OPTIONS

We understand residents and guests have varying food preferences. With that in mind, we can modify menu selections to make your menu choices better fit your individual needs.

- The THRIVE symbol indicates:
 - Entree: <750 kcals, <8g saturated fat, and <700mg sodium
 - Appetizers & Sides: <250 kcals, <3g saturated fat, and <600mg sodium
- Smaller portions for select menu items are available.

V Vegetarian

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