

THE MOORINGS
OF ARLINGTON HEIGHTS

A ☪ Presbyterian Homes Community

What's Cookin'?

Get an Inside Look at Dining at The Moorings of Arlington Heights

Dining Out at The Moorings of Arlington Heights

It's delicious. It's nutritious. It's designed to delight you.

At The Moorings of Arlington Heights, our professionally trained chefs, kitchen staff, and servers offer you an exceptional dining experience designed around your tastes. From familiar down-home favorites to our healthy dining alternatives, everything we serve is truly extraordinary.

We offer a beautiful indoor dining room and have seasonal barbeques on an outdoor dining patio. Whether you want to dine at The Moorings or venture out to charming Arlington Heights, you're always free to dine wherever you wish. Bon appétit! Let's eat!



10 Healthy Eating Tips for Older Adults

- 1. Make eating a social event.** Socializing over food instills a sense of relaxation, which improves digestion and emotional health.
- 2. An apple a day can still keep the doctor away.** Eat plenty of fruits and vegetables and focus on getting a variety of color-rich produce. Enjoy berries, leafy greens, broccoli, carrots, squash, and more.
- 3. Go for 'good fat' over 'no fat.'** Don't cut fat from your diet. Focus on healthy fats - like avocado, nuts, olive oil, and yogurt.
- 4. Protein packs a punch.** When you eat high-quality protein, you boost your resistance to stress, anxiety, and depression. Just stay away from too much processed meat such as hot dogs and salami.
- 5. Carbs are not the enemy.** Be smart about which carbs you choose. Whole grains over processed white flour and sugar wins every time.
- 6. Say cheese!** Bone health as you age is extremely important. Make sure to include a variety of calcium-rich foods in your diet such as milk, yogurt, cheese, almonds, kale, broccoli, and more.
- 7. Keep the body moving.** We're talking fiber. Women over 50 should eat at least 21 grams of fiber per day for proper digestion and to help maintain weight.
- 8. Bring on the flavor!** It's not uncommon for your sense of smell and taste to change as you age. Therefore, experiment with different flavors, herbs, and spices.
- 9. Variety is the spice of life.** To stay your healthiest, enjoy nutrient-dense foods from all the food groups: vegetables, fruits, grains, protein, dairy, and oils. And don't forget to enjoy a treat now and then, too!
- 10. Plan, plan, plan.** It's easiest to eat healthy and keep your body healthy when you plan ahead. Have meals prepared and planned for you by professional nutritionists and chefs. Sit back and relax. It's time to eat!

Sources: [USDA Choose My Plate](#) & [Eating Well as You Age Help Guide](#)





New Year's at The Midrise

Starters

Shrimp Crostini

Flatbread, avocado mousse, pickled tomato

Greek Salad

Mixed green lettuce, tomatoes, olives, red onion, pepperoncini, artichokes, feta cheese with a red wine vinaigrette

Lobster Bisque

Lobster stock, sherry wine, touch of cream

Vegetable Rice Soup

Carrots, onions, celery, green beans, tomatoes, green peas, rice, vegetable stock

Entrees

Rosemary-Crusted Rack of Lamb

Rack of lamb crusted with rosemary-seasoned panko breadcrumbs, served with a mint-demi sauce and accompanied with Brussels sprouts, pecan-butternut squash, and lemon rice

Maple Bacon Turkey Cutlets

Seasoned turkey cutlets topped with a maple bacon glaze and served with herb-roasted carrots and cheddar-chive whipped potatoes

Dessert

New York Cheesecake

Topped with berry sauce



Valentine's Day at The Moorings

Starters

California Salad

Spring mix lettuce, strawberries, mandarin oranges, almonds, and raisins

Garden Vegetable Soup

Tomatoes, carrots, onions, celery, green beans, peas, and corn in a vegetable broth

Roasted Red Pepper Soup

Red peppers, onions, chicken stock, orange juice, cilantro

Entrees

Grilled Pork Chop with Cherry Salsa

Hand-cut pork chop topped with a cherry salsa and served with crispy sage carrots and horseradish whipped potatoes

Ribeye Steak au Poivre

Hand-cut beef ribeye topped with pepper-cream sauce and served with crispy sage carrots and horseradish whipped potatoes

Desserts

Chocolate Pots de Crème

Chocolate custard topped with whipped cream and berries



Mardi Gras Chef Reserve

Starters

Muffaletta Salad Boston

Lettuce filled with a mixture of olives, celery, peppers, onions, salami, and fresh mozzarella, tossed in a red wine vinaigrette

Bayou Shrimp Pasta Sauteed Shrimp in a Creole spice sauce

Entrees

Pork Tenderloin

Served with purèed carrots and Swiss chard

Blackened Steak

Served with sugar snap peas and Cajun mashed potatoes

Desserts

Banana Bread Pudding

Homemade bread pudding finished with a caramel crème glaze



Easter Brunch

Starters

Asian Salad

Mandarin oranges, banana chips, peanuts, fried wontons, mixed green lettuce, red peppers, shredded carrots, Ponzu vinaigrette

Tomato Pasta Fagioli Soup

Onion, carrots, tomatoes, spinach and elbow pasta in a vegetable broth

Chicken Barley Soup

Onions, carrots, celery, parsnip, barley, chicken breast, and sweet potato in a chicken broth

Dessert

Flourless Chocolate Torte



Easter Brunch

(continued)

Brunch Specials

Berry French Toast

Griddle-cooked Texas toast topped with a mixed berry compote and served with hash browns and bacon

Apricot Glazed Ham

Pit ham topped with an apricot glaze and served with sweet mashed potatoes and asparagus

Leg Of Lamb

Carved lamb served with au gratin potatoes and heirloom carrots

Eggs Your Way

Two eggs made to order any way you like: over easy, over hard, fried, scrambled, or sunny side up, served with two brunch sides

Omelet To Order

Choice of ham, bacon, onion, peppers, mushrooms, tomato, and/or cheese served with two brunch sides

Brunch Sides

Bacon, sausage, toast, hash browns, fruit, choice of potatoes, choice of vegetable



Ladies Luncheon: Fedoras to Fascinators

Mint Juleps

Fruit Cocktail Cup

Cornmeal-Crusted Chicken

Served with ginger-honey glazed carrots and a potato volcano with cheese

Individual Pineapple Upside-Down Cakes



Father's Day

Seafood and Mango Salad

Mixed Greens Salad

Beef Tenderloin

Choice of mushroom sauce or au jus

Poached Arctic Char

Baked potato or truffle mashed potatoes

Grilled Mixed Vegetables

Squash, zucchini, and asparagus

Father's Day Chocolate Mousse Cake



Italian Chef Reserve Dinner

First Course

Paired with Ruffino Rosé

Italian Salad

Red baby lettuce, prosciutto, Genoa salami, olives, artichokes, and red onion with our house-made Italian vinaigrette

Second Course

Paired with 2015 Ruffino Modus Toscana Braciolo Di Manzo

Tender Beef

Pounded paper-thin; rolled prosciutto and cheese served with risotto and asparagus

Third Course

Paired With 2014 Ruffino Lodola Nuova

Sausage and Mushroom Ragu

Creamy mushroom sauce with sausage over angel hair pasta

Main Course

Paired with 2017 Ruffino IL Ducale Pinot Grigio

Fish a la Tapenade

Fresh mahi-mahi accompanied with broccoli, Swiss chard and cannellini beans

Dessert Course

Paired with 2015 Ruffino Riserva Ducale Chianti Classico

Poached Pear

Pear poached in white wine and finished with a homemade caramel sauce



Taste of Mystery Chef Reserve Dinner

Compound Salad
With a citrus vinaigrette

Catch of the Day
a la papillote
Paired with a Sauvignon Blanc

Chicken Roulade
Stuffed with spinach, feta, and sun-dried tomatoes
Paired with a Chardonnay

Lamb Loin
With a prune sauce, roasted pearl onions, and potatoes
Paired with a Sterling Merlot

Orange Custard
With a berry compote
Paired with a Moscato 2015



Thanksgiving Dinner

Starters

Chicken, Vegetable, & Rice Soup

Chicken, celery, carrots, onions, rice, green beans, corn, tomatoes, chicken stock

Roasted Carrot & Pumpkin Soup

Carrots, pumpkin, cream, vegetable stock

Entrees

Roast Turkey

Seasoned turkey breast with cornbread dressing and gravy

Glazed Ham

Smoked pit ham with pineapple-raisin glaze



Thanksgiving Dinner

(continued)

Accompaniments

Buttermilk Mashed Potatoes

Whipped Idaho potatoes mixed with buttermilk and cream

Sweet Potato Casserole

With marshmallows

Green Bean Casserole

Green beans in a creamy mushroom sauce and topped with fried onions

Orange-Glazed Autumn Vegetables

Beets, parsnips, and carrots in a house-made orange glaze

Desserts

Pumpkin Pie

Rich and velvety

Pecan Pie

Sweet and slightly salty



Christmas at The Midrise

Starters

Roasted Sweet Potato and Butternut Squash Soup

Sweet potatoes, butternut squash, vegetable stock, cream, and touch of crème fraîche

Baby Bouquet Salad

Baby lettuce, cucumber, shredded carrots, candied pecans, dried cranberries, creamy orange dressing

Entrees

Prime Rib

Slow-roasted prime rib topped with a cabernet demi sauce, served with smoked gouda mashed potatoes and a Christmas vegetable medley

Poached Salmon

Fresh hand-cut Atlantic salmon topped with julienned vegetables and a saffron sauce, served with a five-grain medley and buttered broccolini

Dessert

Apple Blossoms



Experience The Moorings of Arlington Heights Firsthand

It's more than a place to live. It's a lifestyle.

We invite you to come visit us for a tour of The Moorings of Arlington Heights, a life plan community.

On our vibrant campus, you'll experience friendly surroundings, sample some of our chef-prepared dishes, and get answers to all of your questions. You can also tour the residential options of your choice, from beautiful apartment homes to well-appointed villas.

To schedule a tour, give us a call at [847-652-9098](tel:847-652-9098), or simply [fill out the online form](#), and we'll contact you to set up a time.

Schedule a Tour