

Main Meal

Brookdale Club Hill

Sunday, September 26, 2021

Salad of the Day

Lemony Waldorf Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

 Pan Roasted Potatoes

Lyonnaise Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Egg Noodles

 Steamed Broccoli

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Cherry Almond Tart

 Pineapple Chunks

Reduced Sugar Cherry
Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.



Main Meal

Brookdale Club Hill

Monday, September 27, 2021

Salad of the Day

Chickpea Salad

Featured Entrees

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

 **Veal Piccata**

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

Peas with Mushrooms

Wild Rice Blend

Roasted Cauliflower

Featured Desserts

Dessert

Key Lime Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Club Hill

Tuesday, September 28, 2021

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

California Chicken

Chicken breast baked with tomato and cheese, garnished with avocado.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Broccoli

Oven Roasted Potatoes

Caramelized Carrots

Featured Desserts

Dessert

Chocolate Brownies

Dessert

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Club Hill

Wednesday, September 29, 2021

Salad of the Day

Triple Bean Salad

Featured Entrees

Smothered Chicken

Chicken quarters with onions and green peppers, smothered in gravy.

 **Mustard Crusted Salmon**

Broiled salmon topped with a stone ground mustard glaze.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

Braised Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Rice and Vegetable Blend

Stewed Tomatoes

Featured Desserts

Dessert

Chocolate Cake

Dessert

 Apricot Halves

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Club Hill

Thursday, September 30, 2021

Salad of the Day

Tossed Garden Salad

Featured Entrees

Sliced Pork Loin

Lean pork rubbed with herbs, roasted and served with a light onion gravy.

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

Sauteed Spinach and Onions

Pasta of the Day

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

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Featured Desserts

Dessert

Apple Pie

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Club Hill

Friday, October 1, 2021

Salad of the Day

Cranberry Pineapple Gelatin Salad

Featured Entrees

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

Philly Burger

Beef patty with sauteed peppers, onion and provolone cheese on a bun.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

 Steamed Yellow Squash

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Frosted Carrot Cake

 Chilled Diced Peaches

Reduced Sugar
Cheesecake Whip

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Main Meal

Brookdale Club Hill
Saturday, October 2, 2021

Salad of the Day

Wedge Salad

Featured Entrees

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Mashed Potatoes and Gravy

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Egg Noodles

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Eclair

Dessert

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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