

Main Meal

Brookdale Island Lake
Sunday, February 10, 2019

Salad of the Day

Bold Winter Greens Salad

Featured Entrees

Roast Pork Loin with Caramelized Peaches with Marjoram
Herb rubbed lean pork served with peaches in a sweet buttery sauce.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Rice Pilaf

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Red Pepper Couscous

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Baked Apple

 Mixed Melons

Applesauce Spice Bars

 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 Island Lake
Monday, February 11, 2019

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Turkey Meatloaf with Feta and Sun Dried Tomatoes

A savory meatloaf of turkey, feta cheese and sundried tomatoes.

St. Louis Pork Ribs

Pork spareribs cooked until tender then smothered in barbecue sauce.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

O'Brien Potatoes

 Steamed Zucchini

Baked Beans

Classic Coleslaw

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Blackberry Pie

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Main Meal

Brookdale Island Lake
Tuesday, February 12, 2019

Salad of the Day

Cauliflower Salad

Featured Entrees

Beef Tips

Tender beef tips simmered in a mushroom gravy.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Parslied Buttered Noodles

Candied Carrots

Roasted Red Skin Potatoes

 Steamed Italian Green Beans

Featured Desserts

Dessert

Coconut Cream Pudding

Dessert

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Island Lake
Wednesday, February 13, 2019

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

English Pub Cod

Tavern battered cod flash fried to a golden brown.

Ranch Cube Steak

Breaded tender beef, pan fried and served with a zesty ranch sauce.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Classic French Fries

Roasted Beets

Anna Potatoes

 Peas with Red Peppers

Featured Desserts

Dessert

Marble Cake

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale Island Lake
Thursday, February 14, 2019

Salad of the Day

Warm Kale Salad

Featured Entrees

Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.


Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Pasta of the Day

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

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Au Gratin Potatoes

 Steamed Chef's Mixed Vegetables

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peach Crumb Pie

 Chilled Pears

Reduced Sugar Peach
Mousse

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Main Meal

Brookdale Island Lake
Friday, February 15, 2019

Salad of the Day

Fennel Slaw

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Homestyle Bread Stuffing

 Steamed Corn

Oven Brown Potatoes

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Vanilla Frosted Sponge
Cake

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Vanilla Cake

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Main Meal

Brookdale Island Lake
Saturday, February 16, 2019

Salad of the Day

Cucumber and Onion in Sour Cream Salad

Featured Entrees

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

Blackened Basa

Cajun seasoned basa cooked quickly in butter over high heat.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Boiled Potatoes

Braised Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Garden Barley Pilaf

 Steamed Spinach

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mint Brownie

 Fresh Fruit Cup

Sugar Free Brownie

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