

Main Meal

Brookdale Island Lake

Sunday, July 15, 2018

Salad of the Day

Roasted Beet, Pear and Walnut Salad

Featured Entrees

Cacciatore Braised Beef

Tender beef braised in tomato sauce with mushrooms, onions & peppers.

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Vegetable Couscous

Kale with Garlic and Peppers

Mashed Potatoes

Lemon Butter Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Homemade Peach
Cobbler

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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, July 16, 2018

Salad of the Day

Y.O. House Salad

Featured Entrees

Baked Basa with Thyme, Garlic and Lemon

Paprika and thyme seasoned basa fillet baked and finished with lemon juice.

Italian Meatloaf

Meatloaf seasoned with garlic and basil and baked in a tomato sauce.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Garden Blend Rice

 Steamed Corn

Mashed Potatoes

Buttered Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option


Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Blueberry Streusel Cake

 Fresh Fruit Cup

No Sugar Added Apple
Pie

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Main Meal

Brookdale Island Lake
Tuesday, July 17, 2018

Salad of the Day

Chopped Veggie Salad with Feta

Featured Entrees

Baked Cornish Hen

Oven baked cornish hen stuffed with seasoned vegetables.

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Wild Rice Pilaf With Cranberries

 Steamed California Mix

Mashed Potatoes

Harvard Style Beets

Featured Desserts

Dessert

White Chocolate
Macadamia Nut Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Gelatin

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Main Meal

Brookdale Island Lake
Wednesday, July 18, 2018

Salad of the Day

Marinated Mushroom Salad

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

Wiener Schnitzel

Veal cutlet dredged in breadcrumbs and pan fried until golden.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

 Baked Potato

Creole Style Zucchini

Mashed Potatoes

Buttered Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Yellow Cake with
Buttercream Frosting

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Cherry
and Toasted Almond
Pie

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Main Meal

Brookdale Island Lake
Thursday, July 19, 2018

Salad of the Day

Marinated Carrot Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

 **Grilled Salmon**

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Sweet Potato Tots

Mushroom and Bell Pepper Saute

Mashed Potatoes


Braised Swiss Chard

Featured Desserts

Dessert

Strawberry Tart

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse

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Main Meal

Brookdale Island Lake

Friday, July 20, 2018

Salad of the Day

Cole Slaw

Featured Entrees

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

Beef Brisket

Tender beef brisket slowly baked in the oven.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Hashbrown Potato Casserole

Chef's Southern Style Greens

Mashed Potatoes

 Steamed Summer Squash

Featured Desserts

Dessert

Custard Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Island Lake
Saturday, July 21, 2018

Salad of the Day

Marinated Broccoli and Tomato Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Grilled Salmon

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

Hamburger

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

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Accompaniments

Macaroni and Cheese

Creamed Spinach

Mashed Potatoes

Stewed Tomatoes

Featured Desserts

Dessert

Lemon Cupcake with
Lemon Frosting

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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