

Main Meal

Brookdale Island Lake
Sunday, October 21, 2018

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

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.

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

 Baked Potato

 Steamed Peas and Pearl Onions

Mashed Potatoes

Braised Mushrooms

Featured Desserts

Dessert

Red Velvet Cake

Dessert

 Fresh Fall Fruit Cup

Guiltless Pleasures

Reduced Sugar Pumpkin
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 Island Lake
Monday, October 22, 2018

Salad of the Day

Potato Salad


Featured Entrees

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

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

 Pan Roasted Potatoes

 Steamed Brussels Sprouts

Mashed Potatoes

Honey Bourbon Glazed Butternut
Squash

Featured Desserts

Dessert

Chocolate Cream Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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Main Meal

Brookdale Island Lake
Tuesday, October 23, 2018

Salad of the Day

Triple Bean Salad

Featured Entrees

Baked Whitefish with Lemon

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

Zesty Meatloaf

Ground beef loaf topped with a ketchup and brown sugar glaze.

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

Borracho Beans

Buttered Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

 Steamed Cauliflower


Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Angel Food Cake

 Fresh Fruit Cup

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Island Lake
Wednesday, October 24, 2018

Salad of the Day

Beets and Onions Salad

Featured Entrees

Chicken Francaise

Pan fried chicken breast served with a light white wine lemon sauce.

Pecan Crusted Tilapia

Baked fish fillet with a crunchy parmesan pecan topping.

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

 Stir Fried Barley

 Steamed Carrots

Mashed Potatoes

Buttered Winter Mix

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Butter Pecan Ice Cream

 Fresh Fall Fruit Cup

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale Island Lake
Thursday, October 25, 2018

Salad of the Day

Marinated Vegetable Salad

Featured Entrees

Sesame Orange Chicken

Sesame seed battered chicken breast served with a soy orange sauce.

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

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

Baked Beans

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

White Chocolate
Macadamia Nut Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Island Lake
Friday, October 26, 2018

Salad of the Day

Cole Slaw

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Coconut Fried Shrimp

Curry marinated shrimp encrusted with coconut and flash fried.

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

Duchess Potatoes

Peas with Carrots

Mashed Potatoes

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Indian Pudding

Dessert

 Fresh Fall Fruit Cup

Guiltless Pleasures

Reduced Sugar Lemon
Mousse

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Main Meal

Brookdale Island Lake
Saturday, October 27, 2018

Salad of the Day

Y.O. House Salad

Featured Entrees

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Liver and Onions

Beef liver smothered in sauteed onions and baked in the oven.

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

 Brown Rice Pilaf with Herbs

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

 Steamed Spinach

Featured Desserts

Dessert

Lemon Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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