

Brookdale Island Lake
Sunday, July 15, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant
Sandwich

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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



Brookdale Island Lake
Sunday, July 15, 2018

Featured Starters

Soup of the Day

Manhattan Fish Chowder

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.

Chicken Tetrazzini

Tender noodles with chicken, mushrooms & peppers in a sherry cream sauce.

Vegetable


Kale with Garlic and Peppers

Accompaniments

Vegetable Couscous

Lemon Butter Carrots

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Homemade Peach
Cobbler

Dessert

Oatmeal Raisin Cookies

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Brookdale Island Lake
Monday, July 16, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant
Sandwich

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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Brookdale Island Lake
Monday, July 16, 2018

Featured Starters

Soup of the Day

Cream of Cauliflower Soup

Salad of the Day

Peach Ambrosia 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.

Chicken Diane

Sauteed chicken breast with a rich mushroom and cognac sauce.

Vegetable

 Steamed Corn

Accompaniments

Garden Blend Rice

Buttered Peas and Pearl Onions

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Blueberry Streusel
Cake

Dessert

Tapioca Pudding

Guiltless Pleasures

No Sugar Added Apple
Pie

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Brookdale Island Lake
Tuesday, July 17, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant
Sandwich

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Island Lake
Tuesday, July 17, 2018

Featured Starters

Soup of the Day

Beef Vegetable Soup

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.

Hungarian Goulash

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

Vegetable

 Steamed California Mix

Harvard Style Beets

Accompaniments

Wild Rice Pilaf With Cranberries

Mashed Potatoes

Featured Desserts

Dessert

White Chocolate
Macadamia Nut Pie

Dessert

Cookies and Cream Cake

Guiltless Pleasures

Sugar Free Lemon
Gelatin

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

Wednesday, July 18, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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



Brookdale Island Lake

Wednesday, July 18, 2018

Featured Starters

Soup of the Day

Lentil Soup

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.


 **Lemon Baked Sole**

Baked sole fillet topped with an onion, lemon and parsley blend.

Vegetable

Creole Style Zucchini

Buttered Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

Mashed Potatoes

Featured Desserts

Dessert

Yellow Cake with Buttercream Frosting

Dessert

Cappuccino Mousse

Guiltless Pleasures

No Sugar Added
Cherry and Toasted Almond 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

Thursday, July 19, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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Brookdale Island Lake

Thursday, July 19, 2018

Featured Starters

Soup of the Day

Creole Chicken Gumbo

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.

Shrimp and Penne Primavera

Sauteed shrimp and vegetables tossed with penne pasta.

Vegetable

Mushroom and Bell Pepper Saute

Braised Swiss Chard

Accompaniments

Sweet Potato Tots

Mashed Potatoes

Featured Desserts

Dessert

Strawberry Tart

Dessert

Double Chocolate Cake

Guiltless Pleasures

Reduced Sugar Chocolate Mousse

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

Brookdale Island Lake

Friday, July 20, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

Grilled Baked Sweet Potato

Also Available

Grilled Grilled Salmon

Turkey and Cheese Croissant Sandwich

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

Grilled Fresh Fruit Cup

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



Brookdale Island Lake

Friday, July 20, 2018

Featured Starters

Soup of the Day

Creamy Onion Soup

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.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Vegetable

Chef's Southern Style Greens

Accompaniments

Hashbrown Potato Casserole

Grilled Steamed Summer Squash

Mashed Potatoes

Featured Desserts

Dessert

Custard Pie

Dessert

Chocolate Bread Pudding

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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

Brookdale Island Lake

Saturday, July 21, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

 Grilled Salmon

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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

Saturday, July 21, 2018

Featured Starters

Soup of the Day

Minestrone Soup

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.

Beef Pot Pie

Tender beef and vegetables in gravy baked with a pastry crust.

Vegetable

Creamed Spinach

Stewed Tomatoes

Accompaniments

Macaroni and Cheese

Mashed Potatoes

Featured Desserts

Dessert

Lemon Cupcake with
Lemon Frosting

Dessert

Blueberry Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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