

## Main Meal

Brookdale Island Lake

Sunday, October 21, 2018

### Seasonal Starters

#### Soup of the Season

Tomato Vegetable Soup

#### Salad of the Season

Tossed Garden Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

 Baked Sweet Potato

#### Also Available

Cobb Salad

Hot Dog

### Seasonal Desserts

#### Ice Cream of the Month

Cookies and Cream Ice Cream

#### Cookie of the Month

Chocolate Chip Cookie

#### Fruit

 Fresh Fall 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, October 21, 2018

### Featured Starters

#### Soup of the Day

Cabbage and Potato Soup

#### 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.

#### Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

#### Vegetable

 Steamed Peas and Pearl Onions

Braised Mushrooms

#### Accompaniments

 Baked Potato

Mashed Potatoes

### Featured Desserts

#### Dessert

Red Velvet Cake

#### Dessert

Zucchini Bread

#### Guiltless Pleasures

Reduced Sugar Pumpkin Pie

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

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## Main Meal

### Brookdale Island Lake

Monday, October 22, 2018

## Seasonal Starters

### Soup of the Season

Tomato Vegetable Soup

### Salad of the Season

Tossed Garden Salad

## Seasonal Entrees

### 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.

### Accompaniment

 Baked Sweet Potato

### Also Available

Cobb Salad

Hot Dog

## Seasonal Desserts


### Ice Cream of the Month

Cookies and Cream Ice Cream

### Cookie of the Month

Chocolate Chip Cookie

### Fruit

 Fresh Fruit Cup

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### Brookdale Island Lake

Monday, October 22, 2018

## Featured Starters

### Soup of the Day

Beef Barley Soup

### 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

### Baked Pollock

Fillet of pollock baked in the oven and topped with a squeeze of lemon juice.

### Vegetable

 Steamed Brussels Sprouts

Honey Bourbon Glazed Butternut Squash

### Accompaniments

 Pan Roasted Potatoes

Mashed Potatoes

## Featured Desserts

### Dessert

Chocolate Cream Pie

### Dessert

Amaretto Cake

### Guiltless Pleasures

No Sugar Added Blueberry Pie

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Brookdale Island Lake

Tuesday, October 23, 2018

**Seasonal Starters**

Soup of the Season

Tomato Vegetable Soup

Salad of the Season

Tossed Garden Salad

**Seasonal Entrees**

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

Cobb Salad

Hot Dog

**Seasonal Desserts**

Ice Cream of the Month


Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

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

Tuesday, October 23, 2018

**Featured Starters**

Soup of the Day

Cheddar Beer Soup

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.


**Pork Tamale Plate**

Pork tamale served with Borracho Beans and Mexican Rice.

Vegetable

Buttered Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Cauliflower

Accompaniments

Borracho Beans

Mashed Potatoes

**Featured Desserts**

Dessert

Angel Food Cake

Dessert

Frosted Brownie

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie

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Brookdale Island Lake

Wednesday, October 24, 2018

**Seasonal Starters**

Soup of the Season

Tomato Vegetable Soup

Salad of the Season

Tossed Garden Salad

**Seasonal Entrees**

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

Cobb Salad

Hot Dog

**Seasonal Desserts**

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fall 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, October 24, 2018

**Featured Starters**

Soup of the Day

Lentil Soup

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.


**Stuffed Cabbage Rolls**

Tender cabbage stuffed with rice and meat, baked in a tomato sauce.

Vegetable

 Steamed Carrots

Buttered Winter Mix

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Stir Fried Barley

Mashed Potatoes

**Featured Desserts**

Dessert

Butter Pecan Ice Cream

Dessert

Apple Crisp

Guiltless Pleasures

Reduced Sugar French Vanilla Mousse

 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, October 25, 2018

## Seasonal Starters

### Soup of the Season

Tomato Vegetable Soup

### Salad of the Season

Tossed Garden Salad

## Seasonal Entrees

### 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.

### Accompaniment

 Baked Sweet Potato

### Also Available

Cobb Salad

Hot Dog

## Seasonal Desserts

### Ice Cream of the Month

Cookies and Cream Ice Cream

### Cookie of the Month

Chocolate Chip Cookie

### Fruit

 Fresh Fruit Bowl

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

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### Brookdale Island Lake

Thursday, October 25, 2018

## Featured Starters

### Soup of the Day

Baked Potato Soup

### 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.

### Greek Baked Cod


Seasoned baked cod fillet topped with olives, red onion, and feta cheese.

### Vegetable

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

### Accompaniments

Baked Beans

Mashed Potatoes

## Featured Desserts

### Dessert

White Chocolate Macadamia Nut Pie

### Dessert

Strawberry Mousse

### Guiltless Pleasures

Sugar Free Raspberry Gelatin

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We invite you to share your comments with your Dining Leaders.

Brookdale Island Lake

Friday, October 26, 2018

**Seasonal Starters**

Soup of the Season

Tomato Vegetable Soup

Salad of the Season

Tossed Garden Salad

**Seasonal Entrees**

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

Cobb Salad

Hot Dog

**Seasonal Desserts**

Ice Cream of the Month


Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fall 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

Friday, October 26, 2018

**Featured Starters**

Soup of the Day

Spanish Chicken Soup

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.


**Cheese Blintz Dinner**

Cheese filled crepe with strawberry sauce served with turkey sausage.

Vegetable

Peas with Carrots

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Duchess Potatoes

Mashed Potatoes

**Featured Desserts**

Dessert

Indian Pudding

Dessert

Ice Cream Soda Bar

Guiltless Pleasures

Reduced Sugar Lemon Mousse

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Brookdale Island Lake

Saturday, October 27, 2018

**Seasonal Starters**

Soup of the Season

Tomato Vegetable Soup

Salad of the Season

Tossed Garden Salad

**Seasonal Entrees**

 **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.

Accompaniment

 Baked Sweet Potato

Also Available

Cobb Salad

Hot Dog

**Seasonal Desserts**

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fruit Cup

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

Saturday, October 27, 2018

**Featured Starters**

Soup of the Day

Seafood Chowder

Salad of the Day

Ambrosia 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.


**Turkey Tetrazzini**

Turkey, mushrooms, onions and peppers with pasta & savory sauce.

Vegetable

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Spinach

Accompaniments

 Brown Rice Pilaf with Herbs

Mashed Potatoes

**Featured Desserts**

Dessert

Lemon Cake

Dessert

Fruit of the Forest Pie

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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