

Main Meal

Brookdale Montrose

Sunday, November 28, 2021

**Salad of the Day**

Tomato and Caper Salad

**Featured Entrees**

**Pub Battered Cod**

Battered and fried fish fillet.

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

 **Baked Sole**

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

**Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

**Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

**Accompaniments**

Steak Fries

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Carrots

**Featured Desserts**

**Dessert**

Chocolate Cake with  
German Chocolate  
Frosting

**Dessert**

 Fresh Fruit Cup

**Guiltless Pleasures**

Sugar Free Lemon  
Cookie

 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 Montrose

Monday, November 29, 2021

**Salad of the Day**

Carrot and Pineapple Salad

**Featured Entrees**

**Philly Burger**

Beef patty with sauteed peppers, onion and provolone cheese on a bun.

**BBQ Turkey Meatloaf**

Seasoned turkey meatloaf served with BBQ sauce.

 **Baked Sole**

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

**Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

**Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

**Accompaniments**

Au Gratin Potatoes

Roasted Brussels Sprouts

 Baked Potato

 Steamed Cauliflower

**Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Lemon Meringue Pie

 Fresh Fruit Cup

No Sugar Added Apple Pie

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Main Meal

Brookdale Montrose

Tuesday, November 30, 2021

**Salad of the Day**

Potato Salad

**Featured Entrees**

**Chicken Provencal**

Tender chicken thighs in a tomato-basil sauce with capers and olives.

**Braised Beef Diane**

Tender beef braised and served with a creamy dijon mushroom sauce.

 **Baked Sole**

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

**Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

**Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

**Accompaniments**

Pasta with Tomato Basil Sauce

Buttered Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Broccoli

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Pineapple Upside Down  
Cake

 Fresh Fruit Cup

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Montrose

Wednesday, December 1, 2021

**Salad of the Day**

Tossed Green Salad

**Featured Entrees**

**Pork Roast with Horseradish and Herbs**

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

**Salmon with Lemon Mustard Butter**

Seared fillet of salmon served with a tangy citrus butter.

 **Baked Sole**

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

**Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

**Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

**Accompaniments**

Rice Pilaf

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Chef's Fresh Vegetables

**Featured Desserts**

**Dessert**

White Cupcake with  
Buttercream Frosting

**Dessert**

 Fresh Fruit Cup

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Montrose

Thursday, December 2, 2021

**Salad of the Day**

Tossed Green Salad

**Featured Entrees**

**Stuffed Sole**

Shrimp stuffed fillet of sole served with a creamy sauce.

**Honey Dijon Glazed Ham**

Premium smoked ham glazed with a savory honey Dijon sauce.

 **Baked Sole**

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

**Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

**Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

**Accompaniments**

Red Pepper Couscous

Roasted Cauliflower

 Baked Potato

 Steamed Green Beans

**Featured Desserts**

Dessert

Apple Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla  
Pudding

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Main Meal

Brookdale Montrose  
Friday, December 3, 2021

## Salad of the Day

Caesar Salad

## Featured Entrees

### Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

### General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

### Baked Sole

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

### Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

### Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

## Accompaniments

Fluffy White Rice

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Broccoli

## Featured Desserts

### Dessert

### Dessert

### Guiltless Pleasures

Chocolate Mousse

 Fresh Fruit Cup

Reduced Sugar Frosted  
Vanilla Cake

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Main Meal

Brookdale Montrose  
Saturday, December 4, 2021

## **Salad of the Day**

Pineapple Cole Slaw

## **Featured Entrees**

### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

### **Stuffed Cabbage**

Cabbage leaves filled with beef and rice, baked in a zesty tomato sauce.

### **Baked Sole**

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

### **Grilled Chicken Salad**

Tender slices of grilled chicken on mixed greens with balsamic dressing.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## **Accompaniments**

Mashed Sweet Potatoes

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Corn O'Brien

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Pumpkin Pie

 Fresh Fruit Cup

Sugar Free Lime Gelatin

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