

Main Meal

Brookdale Montrose

Sunday, September 26, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

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.

Accompaniment

Rissole Potatoes

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

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 Montrose

Sunday, September 26, 2021

Featured Starters

Soup of the Day

Tuscany Soup

Salad of the Day

Tomato, Mozzarella and Basil Salad

Featured Entrees

Pork Roast with Sauerkraut

Tender seasoned pork roast served with sauerkraut.

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

Pork Roast with Sauerkraut

Tender seasoned pork roast served with sauerkraut.

Vegetable

Lyonnaise Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

Accompaniments

Baked Beans

 Baked Potato

Featured Desserts

Dessert

Mint Chocolate Chip Ice Cream

Dessert

Mint Chocolate Chip Ice Cream

Guiltless Pleasures

Sugar Free Candy Apple Gelatin

 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, September 27, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

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.

Accompaniment

Whipped Sweet Potatoes

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts


Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

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 Montrose

Monday, September 27, 2021

Featured Starters

Soup of the Day

Creamy Carrot Ginger Soup

Salad of the Day

Vegetable Salad with Sesame Dressing

Featured Entrees

Greek Baked Cod

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

Roast Sirloin of Beef with Gravy


Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

Greek Baked Cod

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


Vegetable

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Wax Beans

Accompaniments

 Steamed Brown Rice

 Baked Potato

Featured Desserts

Dessert

Chocolate Peanut
Butter Pie

Dessert

Chocolate Peanut Butter
Pie

Guiltless Pleasures

Reduced Sugar
Strawberry Pudding

 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
Tuesday, September 28, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

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.

Accompaniment

Hashbrown Potato Casserole

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

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 Montrose
Tuesday, September 28, 2021

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

Mustard Potato Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Chicken Breast with Mushroom Cream Sauce


Sauteed breast of chicken served with a shiitake cream sauce.

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Vegetable

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Chef's Vegetables

Accompaniments

Buttered Spaetzle

 Baked Potato

Featured Desserts

Dessert

Chocolate Frosted
Brownies

Dessert

Chocolate Frosted
Brownies

Guiltless Pleasures

No Sugar Added Apple
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 Montrose

Wednesday, September 29, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

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.

Accompaniment

 Roasted Rosemary Potatoes

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts


Ice Cream of the Month


Mint Chocolate Chip Ice Cream

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 Montrose

Wednesday, September 29, 2021

Featured Starters

Soup of the Day

Spinach Soup with Orzo

Salad of the Day

Mediterranean Salad

Featured Entrees

Roasted Chicken Quarters with Garlic and Herbs

Seasoned chicken quarters, roasted to perfection

Hungarian Beef Goulash


A savory beef stew seasoned with sweet paprika.


Roasted Chicken Quarters with Garlic and Herbs

Seasoned chicken quarters, roasted to perfection

Vegetable

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Peas

Accompaniments

Buttered Parslied Egg Noodles

 Baked Potato

Featured Desserts

Dessert

Yellow Cake with Buttercream Frosting

Dessert

Yellow Cake with Buttercream Frosting

Guiltless Pleasures

Sugar Free Orange Gelatin

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

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

Brookdale Montrose
Thursday, September 30, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

 **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.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts

Ice Cream of the Month


Mint Chocolate Chip Ice Cream

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 Montrose
Thursday, September 30, 2021

Featured Starters

Soup of the Day

French Onion Soup

Salad of the Day

Spinach Salad with Marinated Mushrooms and Gorgonzola

Featured Entrees

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

Pecan Crusted Tilapia

Baked fish fillet with a crunchy parmesan pecan topping.

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

Vegetable

Roasted Brussels Sprouts

 Steamed Broccoli

Accompaniments

Rice Pilaf

 Baked Potato

Featured Desserts

Dessert

Custard Pie

Dessert

Custard Pie

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

 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
Friday, October 1, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

 **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.

Accompaniment

Couscous

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

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 Montrose
Friday, October 1, 2021

Featured Starters

Soup of the Day

Cream of Curried Cauliflower Soup

Salad of the Day

Pickled Beets Salad

Featured Entrees

Louisiana Shrimp Creole

Southern shrimp dish with tomatoes, onions, peppers and celery.

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Louisiana Shrimp Creole

Southern shrimp dish with tomatoes, onions, peppers and celery.

Vegetable

Roasted Cauliflower

 Steamed Zucchini

Accompaniments

Fluffy White Rice

 Baked Potato

Featured Desserts

Dessert

Mexican Wedding Cake

Dessert

Mexican Wedding Cake

Guiltless Pleasures

Reduced Sugar Cherry Pie

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

Brookdale Montrose

Saturday, October 2, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

 **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.

Accompaniment

Golden Rice

Also Available

Chicken Tenders

Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

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 Montrose

Saturday, October 2, 2021

Featured Starters

Soup of the Day

Cabbage and Beef Soup

Salad of the Day

Freedom Village Broccoli and Cauliflower Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Bourbon Pecan Chicken


Pan fried pecan crusted chicken breast with a savory bourbon sauce.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Yellow Squash

Accompaniments

Whipped Sweet Potatoes

 Baked Potato

Featured Desserts

Dessert

Caramel Peach Crisp

Dessert

Caramel Peach Crisp

Guiltless Pleasures

No Sugar Added Fruited Gelatin

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