

Brookdale Chambrel Pinecastle

Sunday, October 17, 2021

**Seasonal Starters**

Soup of the Season

Tomato Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **Herb Breaed Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

**Roast Beef Wrap**

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

**Crumb Baked Pollock**

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniment

Yellow Rice

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

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 Chambrel Pinecastle

Sunday, October 17, 2021

**Featured Starters**

Soup of the Day

Cream of Chicken Soup

Salad of the Day

Tossed Green Salad

**Featured Entrees**

**Chicken Thighs Parmesan**

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

**BBQ Pulled Pork**

Slow cooked pork, shredded and served in BBQ sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

Vegetable


Broccoli and Cheese

Cole Slaw

Accompaniments

Pasta of the Day

Baked Beans

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Mocha Cake

Dessert

Chocolate Peanut Butter Pie

Guiltless Pleasures

Reduced Sugar Chocolate Mousse Layer Cake

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

Brookdale Chambrel Pinecastle

Monday, October 18, 2021

**Seasonal Starters**

Soup of the Season

Tomato Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

**Roast Beef Wrap**

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

**Crumb Baked Pollock**

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniment

Country Fried Sweet Potato

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**


Ice Cream of the Month


Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Peaches

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

Monday, October 18, 2021

**Featured Starters**

Soup of the Day

Beef Vegetable Soup

Salad of the Day

Tossed Green Salad

**Featured Entrees**

**Braised Beef with Mushrooms**

Tender beef and mushroom slow cooked in a flavorful wine sauce.

 **Turkey Meatloaf**

A blend of turkey and seasonings for a healthy version of an old favorite.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

Vegetable

Creamed Spinach

 Steamed Mushrooms

Accompaniments

Macaroni and Cheese

White Rice

**Featured Desserts**

Dessert

Lemon Meringue Pie

Dessert

Almond Berry Bars

Guiltless Pleasures

Reduced Sugar Lemon Pudding Parfait

 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 Chambrel Pinecastle

Tuesday, October 19, 2021

### Seasonal Starters

#### Soup of the Season

Tomato Soup

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### Herb Breaed Breast of Chicken

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

#### Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

#### Accompaniment

Navy Beans

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Fresh Melon Cup

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

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Brookdale Chambrel Pinecastle

Tuesday, October 19, 2021

### Featured Starters

#### Soup of the Day

Creamy Tomato Basil Soup

#### Salad of the Day

Tossed Green Salad

### Featured Entrees

#### Baked Tilapia

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

#### Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

#### Chicken Tenders

Golden baked breaded chicken tenders.

#### Vegetable

Creamed Green Peas

 Steamed Carrots

#### Accompaniments

Mashed Potatoes and Gravy

Noodles Romano

### Featured Desserts

#### Dessert

Blueberry Cake

#### Dessert

Eclair

#### Guiltless Pleasures

No Sugar Added  
Blueberry Cake

 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 Chambrel Pinecastle

Wednesday, October 20, 2021

### Seasonal Starters

#### Soup of the Season

Tomato Soup

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### Herb Breaded Breast of Chicken

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

#### Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

#### Accompaniment

Noodles Romanoff

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts


#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Mandarin Oranges

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

Wednesday, October 20, 2021

### Featured Starters

#### Soup of the Day

Hamburger Barley Soup

#### Salad of the Day

Tossed Green Salad

### Featured Entrees

#### Orange Baked Ham

Oven baked ham topped with an orange mustard glaze.

#### Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

#### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

#### Vegetable

Italian Style Brussels Sprouts

Roasted Vegetables

#### Accompaniments

 Baked Sweet Potato

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Mandarin Vanilla Cream  
Parfait

#### Dessert

Sweet Potato Pie

#### Guiltless Pleasures

Reduced Sugar  
Creamsicle Mousse

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

Thursday, October 21, 2021

**Seasonal Starters**

Soup of the Season

Tomato Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

**Roast Beef Wrap**

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

**Crumb Baked Pollock**

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Bowl

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



Brookdale Chambrel Pinecastle

Thursday, October 21, 2021

**Featured Starters**

Soup of the Day

Cream of Potato Soup

Salad of the Day

Tossed Green Salad

**Featured Entrees**

**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

**Italian Sausage with Peppers and Onions**

Hearty sweet and spicy Italian sausage served with onions and peppers.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

Vegetable

Green Beans with Onions and Bacon

Accompaniments

Yellow Rice

Sauteed Sugar Snap Peas

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Butterscotch Pie

Dessert

Lazy Daisy Oatmeal Cake

Guiltless Pleasures

Reduced Sugar Vanilla Cream Pie

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

## Main Meal

Brookdale Chambrel Pinecastle

Friday, October 22, 2021

### Seasonal Starters

#### Soup of the Season

Tomato Soup

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### Herb Breaded Breast of Chicken

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

#### Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

#### Accompaniment

Angels Potatoes

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Chilled Pears

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

Friday, October 22, 2021

### Featured Starters

#### Soup of the Day

Seafood Chowder

#### Salad of the Day

Tossed Green Salad

### Featured Entrees

#### Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

#### Labor Day Hamburger


Grilled all beef patty served on a bun with fresh lettuce, tomato and onion.

#### Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

#### Vegetable

Sauteed Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Corn O'Brien

#### Accompaniments

Classic French Fries

Homestyle Cheese Grits

### Featured Desserts

#### Dessert

Apple Brown Betty

#### Dessert

Turtle Cheesecake

#### Guiltless Pleasures

Applesauce Spice Bars

 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 Chambrel Pinecastle

Saturday, October 23, 2021

### Seasonal Starters

#### Soup of the Season

Tomato Soup

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### Herb Breaded Breast of Chicken

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

#### Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

#### Accompaniment

Rice Blend

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Pineapple Chunks

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

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Brookdale Chambrel Pinecastle

Saturday, October 23, 2021

### Featured Starters

#### Soup of the Day

Creamy Carrot Ginger Soup

#### Salad of the Day

Tossed Green Salad

### Featured Entrees

#### Maple BBQ Chicken

Oven roasted chicken quarters basted with maple barbecue sauce.

#### Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

#### Chicken Tenders

Golden baked breaded chicken tenders.

#### Vegetable


 Steamed Chef's Vegetables

#### Accompaniments

 Baked Potato

Buttered Cauliflower

Corn Nugget

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Pineapple Upside Down  
Cake

#### Dessert

Pumpkin Pie Bars

#### Guiltless Pleasures

Reduced Sugar  
Pineapple Upside Down  
Cake

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