

Main Meal

Brookdale Chambrel Roswell

Sunday, February 28, 2021

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

Pork Roast with Horseradish and Herbs

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

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.


Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Lemon Rice

 Steamed Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Creamed Spinach

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Pineapple Upside Down
Cake

 Fresh Fall Fruit Cup

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 Chambrel Roswell

Monday, March 1, 2021

Salad of the Day

Tossed Green Salad

Featured Entrees

Broiled Parmesan Lemon Tilapia

Filet of tilapia baked with a lemon parmesan crust.

Oven Fried Chicken

Chicken quarters dredged in seasoned flour and oven fried until golden.

Item can be prepared as an  Optimum Life Cuisine Option

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Herbed Potatoes

 Steamed Brussels Sprouts

Macaroni and Cheese

Glazed Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Lemon Meringue Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Chambrel Roswell

Tuesday, March 2, 2021

Salad of the Day

Classic Pea Salad

Featured Entrees

Chicken Croquettes with Gravy

Ground chicken patties lightly breaded then fried and served with gravy.

Ginger Beef

Beef stir fried in a ginger soy sauce.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Pasta of the Day

Roasted Green Beans and Red Peppers

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Pilaf With Cranberries

 Steamed Corn

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mocha Cake

 Fresh Melon Cup

Sugar Free Brownie

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Main Meal

Brookdale Chambrel Roswell

Wednesday, March 3, 2021

Salad of the Day

Baby Carrots with Dip

Featured Entrees

Broiled Parmesan Lemon Tilapia

Filet of tilapia baked with a lemon parmesan crust.

Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Hash Brown Potatoes

 Steamed Broccoli

Hash Brown Potatoes

Stewed Tomatoes

Featured Desserts

Dessert

Pistachio Ambrosia

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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Main Meal

Brookdale Chambrel Roswell

Thursday, March 4, 2021

Salad of the Day

Sliced Radish and Cucumber Plate

Featured Entrees

Spinach Stuffed Chicken

Chicken breast rolled with a spinach blend served with apricot sauce.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Wild Rice Blend

 Steamed Butternut Squash

 Baked Sweet Potato

Roasted Parsnips

Featured Desserts

Dessert

Peach Crumb Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Pumpkin
Pudding

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Main Meal

Brookdale Chambrel Roswell

Friday, March 5, 2021

Salad of the Day

Chatsworth Tossed Salad

Featured Entrees

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

Mustard Crusted Salmon

Broiled salmon topped with a stone ground mustard glaze.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Buttered Parslied Egg Noodles

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Cabbage

Featured Desserts

Dessert

Cheesecake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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Main Meal

Brookdale Chambrel Roswell

Saturday, March 6, 2021

Salad of the Day

Arugula and Pear Salad

Featured Entrees

Orange Chicken

Fried chicken thighs coated in a tangy orange glaze.

Salisbury Steak

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

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniments

Whipped Potatoes

Ratatouille

 Black Eyed Peas

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Chocolate Cake with
Fudge Frosting

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Bread
Pudding

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