

Main Meal

Brookdale Chambrel Roswell

Sunday, February 28, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Warm Potato Salad

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M 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 Roswell

Sunday, February 28, 2021

Featured Starters

Soup of the Day

Cream of Tomato Soup

Salad of the Day

Waldorf 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.

Butter Crumb Cod

Baked cod fillet with a buttery bread crumb topping.

Vegetable

 Steamed Chef's Vegetables

Creamed Spinach

Accompaniments

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Featured Desserts

Dessert

Pineapple Upside Down
Cake

Dessert

Blueberry Crisp

Guiltless Pleasures

Reduced Sugar
Strawberry Pudding

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

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Main Meal

Brookdale Chambrel Roswell

Monday, March 1, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Barley Risotto

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Peaches

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

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Brookdale Chambrel Roswell

Monday, March 1, 2021

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Mini Caesar 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

Homemade Baked Lasagna

Layers of pasta, cheese, ground beef & pork sausage baked in tomato sauce.

Vegetable


 Steamed Brussels Sprouts

Accompaniments

Herbed Potatoes

Glazed Acorn Squash

Macaroni and Cheese

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

Brownies

Guiltless Pleasures

Reduced Sugar Custard

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

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Main Meal

Brookdale Chambrel Roswell

Tuesday, March 2, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Homestyle Potatoes

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Melon Cup

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

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Brookdale Chambrel Roswell

Tuesday, March 2, 2021

Featured Starters

Soup of the Day

Cream of Cauliflower Soup

Salad of the Day

Broccoli Raisin 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.

Broiled Flounder

Flounder fillet lightly seasoned and then broiled.

Vegetable

Roasted Green Beans and Red Peppers

 Steamed Corn

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Pilaf With Cranberries

Featured Desserts

Dessert

Mocha Cake

Dessert

Mini Coconut Cream Pie

Guiltless Pleasures

Sugar Free Brownie

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

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Brookdale Chambrel Roswell

Wednesday, March 3, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Macaroni and Cheese

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Pears

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

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Brookdale Chambrel Roswell

Wednesday, March 3, 2021

Featured Starters

Soup of the Day

Chicken Tortilla Soup

Salad of the Day

Cottage Cheese and Peaches

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.

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Vegetable

 Steamed Broccoli

Stewed Tomatoes

Accompaniments

Hash Brown Potatoes

Hash Brown Potatoes

Featured Desserts

Dessert

Pistachio Ambrosia

Dessert

Rocky Road Ice Cream

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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

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

Brookdale Chambrel Roswell

Thursday, March 4, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **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.

Accompaniment

Classic French Fries

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Bowl

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

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Brookdale Chambrel Roswell

Thursday, March 4, 2021

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Pico and Guacamole Salad

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.

Crab Quiche

A perfect combination of eggs, crab & Swiss cheese baked in a pastry shell.


Vegetable

 Steamed Butternut Squash

Roasted Parsnips

Accompaniments

Wild Rice Blend

 Baked Sweet Potato

Featured Desserts

Dessert

Peach Crumb Pie

Dessert

Stuffed Cannolis

Guiltless Pleasures

Reduced Sugar
Pumpkin Pudding

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

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Brookdale Chambrel Roswell

Friday, March 5, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **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.

Accompaniment

Rissole Potatoes

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Cup

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

Friday, March 5, 2021

Featured Starters

Soup of the Day

Tortellini Soup

Salad of the Day

Cucumber and Onion in Sour Cream 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.


Teriyaki Chicken with Julienne Vegetables

Teriyaki chicken quarters served with carrots, peppers and asparagus.

Vegetable

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Cabbage

Accompaniments

Buttered Parslied Egg Noodles

 Baked Potato

Featured Desserts

Dessert

Cheesecake

Dessert

Old Fashioned Rice Pudding

Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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

Brookdale Chambrel Roswell

Saturday, March 6, 2021

Seasonal Starters

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **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.

Accompaniment

Yellow Rice

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Cup

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

Saturday, March 6, 2021

Featured Starters

Soup of the Day

Potato and Bacon Soup

Salad of the Day

BLT 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.

Shrimp and Grits

Sauteed shrimp with bacon served over cheesy grits.

Vegetable


Ratatouille

Accompaniments

Whipped Potatoes

Buttered California Mix

 Black Eyed Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert


Chocolate Cake with
Fudge Frosting

Dessert

Homemade Baked
Custard

Guiltless Pleasures

No Sugar Added Bread
Pudding

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