

Main Meal

Brookdale Bristol

Sunday, April 18, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

Baked Tilapia

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Roasted Potato Medley

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Lemon Cookie

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 Bristol

Sunday, April 18, 2021

Featured Starters

Soup of the Day

Baked Potato Soup

Salad of the Day

Tossed Garden 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

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Chicken Romano

Seared chicken breast with a Romano cheese crust and mushrooms.

Vegetable


Green Beans Almondine

Accompaniments

Homestyle Bread Stuffing

Buttered Chef's Mixed Vegetables

Whipped Sweet Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Cinnamon Applecake

Dessert

Pecan Meringue Dessert

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 Bristol

Monday, April 19, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

Baked Tilapia

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Orzo Pilaf

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Peaches

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Brookdale Bristol

Monday, April 19, 2021

Featured Starters

Soup of the Day

Chicken and Rice Soup

Salad of the Day

Vegetable Slaw

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy sauce.


Grilled Perch

Grilled perch fillet seasoned with oregano and a splash of lemon juice.

Vegetable

 Steamed Carrots

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Baked Beans

Rice Pilaf

Featured Desserts

Dessert

Chocolate Pie

Dessert

Frosted Brownie

Guiltless Pleasures

Reduced Sugar Vanilla 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 Bristol

Tuesday, April 20, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

Baked Tilapia

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Hashbrown Potato Casserole

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Fresh Melon Cup

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



Brookdale Bristol

Tuesday, April 20, 2021

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Roasted Beet, Pear and Walnut Salad

Featured Entrees

Baked Flounder


Oven baked fillet of flounder topped with a squeeze of lemon juice.

Beef Tips

Tender beef tips simmered in a mushroom gravy.


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

Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Garden Blend Rice

White Rice

Featured Desserts

Dessert

Glazed Lemon Bundt Cake

Dessert

Chocolate Ribbon Pie

Guiltless Pleasures

Mini Reduced Sugar Chocolate Cream Pie

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

Brookdale Bristol

Wednesday, April 21, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

 **Baked Tilapia**

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Roasted Horseradish Potatoes

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Pears

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



Brookdale Bristol

Wednesday, April 21, 2021

Featured Starters

Soup of the Day

Beef Noodle Soup

Salad of the Day

Chopped Salad

Featured Entrees

Smothered Pork Chop with Peppers

Bone-in pork chop simmered in a rich bell pepper and onion gravy.


Baked Chicken Divan

Tender chicken baked with broccoli florets in a creamy cheese sauce.

Beef in Red Wine Sauce

Lean beef with carrots, potatoes and onions in a rich red wine sauce.

Vegetable

 Steamed Green Peas

Stewed Tomatoes

Accompaniments

Noodles Romano

Pinto Beans

Featured Desserts

Dessert

Strawberry Ice Cream

Dessert

Traditional Sour Cream Pound Cake

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 Bristol

Thursday, April 22, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

Baked Tilapia

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Herb Seasoned Rice

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

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 Bristol

Thursday, April 22, 2021

Featured Starters

Soup of the Day

Corn and Wild Rice Soup with Smoked Sausage

Salad of the Day

Mediterranean Salad

Featured Entrees

Orange Seared Salmon

Seared fillet of salmon served with a soy orange glaze.

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

Seasoned Trout with Lemon

Trout fillet baked in the oven with a squeeze of lemon juice.

Vegetable

Roasted Asparagus

Scalloped Broccoli

Accompaniments

Buttered Noodles

Corn Nugget

Featured Desserts

Dessert

Raisin Peach Cobbler

Dessert

Cherry Turnover

Guiltless Pleasures

No Sugar Added Bread Pudding

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

Brookdale Bristol

Friday, April 23, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

 **Baked Tilapia**

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Vesuvio Potato

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

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 Bristol

Friday, April 23, 2021

Featured Starters

Soup of the Day

Pizza Soup

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

Fried Chicken Strips


All white meat chicken strips breaded and fried to a golden brown.

Lamb Goulash

Lamb simmered with vegetables, paprika and caraway seeds.

Vegetable

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Italian Green Beans

Accompaniments

 Baked Potato

Pasta Salad

Featured Desserts

Dessert

Banana Pudding

Dessert

Butterscotch Pudding

Guiltless Pleasures

Sugar Free Oatmeal Cookie

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Main Meal

Brookdale Bristol

Saturday, April 24, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Marinated Vegetable Salad with Balsamic Vinaigrette

Seasonal Entrees

Baked Tilapia

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

Hamburger

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniment

Rosemary Potato Gratin

Also Available

Tavern Battered Cod

Cajun Jambalaya

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

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 Bristol

Saturday, April 24, 2021

Featured Starters

Soup of the Day

Cream of Mushroom Soup

Salad of the Day

Mixed Greens with Oranges, Strawberries and Avocado Salad

Featured Entrees

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Country Style Meatloaf


Classic ground beef and pork meatloaf, topped with ketchup.

Roast Pork Loin with Caramelized Peaches with Marjoram

Herb rubbed lean pork served with peaches in a sweet buttery sauce.

Vegetable

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Corn O'Brien

Accompaniments

Corn Nugget

Parslied New Potatoes

Featured Desserts

Dessert

Sour Cream Pound Cake

Dessert

Mixed Berry Pie

Guiltless Pleasures

Reduced Sugar Strawberry Jell-O Shooter

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