

Main Meal

Brookdale Grand Court Lubbock

Sunday, October 25, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Pot Roast with Gravy

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

Salmon with Lemon Mustard Butter

Seared fillet of salmon served with a tangy citrus butter.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Mashed Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Blend

 Steamed Asparagus

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Coconut Meringue Pie

 Pineapple Chunks

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 Grand Court Lubbock

Monday, October 26, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Stuffed Chicken Breast

Mushrooms and gouda stuffed chicken served with a light pan sauce.

Classic Meatloaf

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

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

 Baked Sweet Potato

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Black Eyed Peas

Peas with Carrots

Featured Desserts

Dessert

Peach Cobbler

Dessert

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Grand Court Lubbock

Tuesday, October 27, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Turkey Divan

Sliced turkey breast and broccoli covered in a rich cream sauce.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Cornbread Dressing

 Steamed Acorn Squash

Scalloped Potatoes

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Classic Tiramisu

Dessert

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Grand Court Lubbock

Wednesday, October 28, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Herbed Potatoes

Roasted Parsnips

Buttered Noodles

 Steamed Green Beans

Featured Desserts

Dessert

Apple Pie

Dessert

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Grand Court Lubbock

Thursday, October 29, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Liver and Onions

Beef liver smothered in sauteed onions and baked in the oven.

Butter Crumb Cod

Baked cod fillet with a buttery bread crumb topping.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Oven Fried Potatoes

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Pasta Salad

Buttered Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Tapioca Pudding

 Pineapple Chunks

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Grand Court Lubbock

Friday, October 30, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

BBQ Beef Ribs

Tender beef ribs grilled with homemade barbecue sauce.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Warm Potato Salad

Classic Coleslaw

Classic French Fries

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Strawberry Angel Cake

 Pineapple Chunks

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Grand Court Lubbock

Saturday, October 31, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Fried Pork Chops with Cream Gravy

Battered and fried pork chops served with a creamy pan gravy.

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

Baked Tilapia

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

Chef Salad

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

Barbecue Beef Sandwich

Barbecued beef brisket with homemade barbeque sauce served on a bun.

Accompaniments

Macaroni and Cheese

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Red Skin Potatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Key Lime Pie

 Pineapple Chunks

No Sugar Added Vanilla
Ice Cream

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