

Main Meal

Brookdale Overland Park 119th

Sunday, September 12, 2021

## **Salad of the Day**

Bacon, Egg, and Brussels Sprouts Salad

## **Featured Entrees**

### **Yankee Pot Roast**

Beef pot roast slowly braised and served with a rich gravy.

### **Sole Florentine**

Fillet of sole baked in a spinach wine sauce.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

Sauteed Spinach with Mushrooms

Lemon Rice

 Steamed Corn

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Coconut Cream Pie

### **Dessert**

 Mixed Melons

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Chocolate 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 Overland Park 119th

Monday, September 13, 2021

## **Salad of the Day**

Lemony Carrot Salad with Dill

## **Featured Entrees**

### **Traditional Chicken Cacciatore**

Chicken baked with tomatoes, mushrooms, bell peppers and onions.

### **West Indian Beef Stew**

Beef simmered in a zesty tomato sauce, finished with a hint of rum.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Chef's Fresh Vegetables

## **Featured Desserts**

### **Dessert**

Superb Carrot Cake

### **Dessert**

 Mandarin Oranges

### **Guiltless Pleasures**

Reduced Sugar Key  
Lime Chiffon  
Cheesecake

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Main Meal

Brookdale Overland Park 119th

Tuesday, September 14, 2021

## **Salad of the Day**

Tossed Green Salad

## **Featured Entrees**

### **Slow Roasted Pork and Sauerkraut**

Tender pork loin slow roasted with sauerkraut.

### **Baked Chicken**

Lightly seasoned oven baked chicken breast.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

 Steamed Broccoli

Potato Onion Supreme

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Lemon Bars

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale Overland Park 119th  
Wednesday, September 15, 2021

## **Salad of the Day**

Greek Salad

## **Featured Entrees**

### **Chicken with Mushroom Cream Sauce**

Sauteed breast of chicken served with a mushroom cream sauce.

### **Braised Beef Brisket**

Beef brisket braised until tender.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Rice Pilaf

Almondine Style Carrots

## **Featured Desserts**

### **Dessert**

Southern Peach Cobbler

### **Dessert**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Overland Park 119th  
Thursday, September 16, 2021

## Salad of the Day

Potato Salad

## Featured Entrees

### Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

### Baked Swordfish

Fillet of swordfish baked in the oven with a squeeze of lemon juice.

### Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

### 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.

## Accompaniments

Mashed Potatoes and Gravy

Sauteed Mustard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Yukon Potato Wedge

 Fresh Vegetable Blend

## Featured Desserts

### Dessert

Strawberry Gelatin

### Dessert

 Pineapple Chunks

### Guiltless Pleasures

Reduced Sugar  
Cheesecake Whip

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Main Meal

Brookdale Overland Park 119th

Friday, September 17, 2021

## **Salad of the Day**

Marinated Artichoke Salad

## **Featured Entrees**

### **Roast Chicken**

Perfectly seasoned oven roasted chicken quarters.

### **Sirloin Tips and Mushrooms**

Sautéed sirloin tips and mushrooms simmered in a rich pan gravy.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

Steamed Lima Beans

Pasta of the Day

Buttered Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

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## **Featured Desserts**

### **Dessert**

Glazed Lemon Cake

### **Dessert**

Chilled Applesauce

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Lemon Cake

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Main Meal

Brookdale Overland Park 119th  
Saturday, September 18, 2021

## **Salad of the Day**

Wilted Lettuce Salad

## **Featured Entrees**

### **Roast Sirloin of Beef with Gravy**

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

### **Barbecue Chicken Thighs**

Bone-in chicken grilled and basted with a homemade barbecue sauce.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **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.

## **Accompaniments**

Mashed Potatoes and Gravy

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Steak Fries

Scalloped Cauliflower

## **Featured Desserts**

### **Dessert**

Chocolate Pie

### **Dessert**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Reduced Sugar Pina  
Colada Layer Cake

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