

Main Meal

Brookdale Northbrook

Sunday, May 9, 2021

Salad of the Day

Fresh Asparagus, Zucchini and Tomato Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

Italian Baked Salmon

Salmon fillet baked in an Italian style tomato and herb sauce.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

 Roasted Rosemary Potatoes

Green Cabbage and Apple Saute

Orzo Pilaf

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

New York Style
Cheesecake

Dessert

 Mixed Melons

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.



Main Meal

Brookdale Northbrook
Monday, May 10, 2021

Salad of the Day

Sliced Radish and Cucumber Plate

Featured Entrees

BBQ Grilled Chicken Thighs

Boneless chicken grilled and basted with a homemade barbecue sauce.

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Vegetarian Baked Beans

Yellow Squash Casserole

Hash Brown Potatoes

Braised Kale

Featured Desserts

Dessert

Fruit of the Forest Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale Northbrook
Tuesday, May 11, 2021

Salad of the Day

Fresh Spinach Salad

Featured Entrees

Swiss Steak with Tomatoes

Tender, lean cube steak oven baked with onions and tomatoes.

Turkey Divan

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

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Mashed Potatoes

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Caramel Bars

 Apricot Halves

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale Northbrook
Wednesday, May 12, 2021

Salad of the Day

White Bean Salad

Featured Entrees

 **Pecan Crusted Catfish**

Baked catfish fillet with a pecan cornmeal coating.

Classic Meatloaf

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

 **Baked Lemon Breast of Chicken**

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Potato Wedges

 Steamed Corn

Au Gratin Potatoes

Roasted Green Beans

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Vanilla Frosted Sponge
Cake

 Fresh Melon Cup

Reduced Sugar Frosted
Vanilla Cake

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Main Meal

Brookdale Northbrook
Thursday, May 13, 2021

Salad of the Day

Mediterranean Salad


Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

Golden Fried Chicken

Seasoned chicken quarters, battered then fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Couscous

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

Honey Bourbon Glazed Beets

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Buttermilk Pie

 Chilled Pears

Reduced Sugar Vanilla
Cream Pie

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Main Meal

Brookdale Northbrook

Friday, May 14, 2021

Salad of the Day

Red Fox Salad

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Breaded Veal Cutlet

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

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Sweet Potato Casserole

Almondine Style Asparagus

Fettuccini Alfredo

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Tiramisu Poke Cake

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Northbrook
Saturday, May 15, 2021

Salad of the Day

Harvest Spring Salad with Cranberries and Walnuts

Featured Entrees

Peppered Roast Beef

Lean beef round seasoned with peppercorns and slow roasted.

Chicken in White Wine and Tarragon

Chicken breast roasted in wine and herbs.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.


French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Scalloped Potatoes

Ratatouille

 Orange Scented Rice Pilaf with
Almonds

Buttered Swiss Chard

Featured Desserts

Dessert

Homestyle Cherry
Cobbler

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Frosted
Cherry Cake

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