

Main Meal

Brookdale Novi

Sunday, September 12, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper 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

 Steamed Broccoli

Lemon Rice

 Steamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Coconut Cream Pie

Dessert

 Mixed Melons

Guiltless Pleasures

Reduced Sugar Coconut
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 Novi

Monday, September 13, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

Beef Stew

Tender beef and vegetables in this homestyle classic.

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

Parslied New Potatoes

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Spice Cake with Mocha
Frosting

 Mandarin Oranges

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale Novi

Tuesday, September 14, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider 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

Buttered Noodles

 Steamed Carrots

Potato Onion Supreme

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mint Chocolate Mousse

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Mint
Chocolate Mousse

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Main Meal

Brookdale Novi

Wednesday, September 15, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Chicken Thighs Dijon

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

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

Couscous

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Parslied New Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peach Crumb Pie

 Chilled Peaches

No Sugar Added Peach
Pie

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Main Meal

Brookdale Novi

Thursday, September 16, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Homestyle Meatloaf

Loaf made from lean ground beef and seasoned for a homestyle taste.

Baked Cod

Fillet of cod baked in the oven and topped 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

Rice Pilaf

 Roasted Fresh Green Beans and Red Peppers

Orzo Pilaf

 Fresh Vegetable Blend

Featured Desserts

Dessert

S'mores Brownies

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Novi

Friday, September 17, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich 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

 Steamed Green Peas

 Roasted Rosemary Potatoes

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Glazed Lemon Cake

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Lemon Cake

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Main Meal

Brookdale Novi

Saturday, September 18, 2021

Salad of the Day

 Cucumber Salad

Featured Entrees

Pork Chops with Raspberry Sauce

Sauteed herbed pork chop, finished with a raspberry sauce.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

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

Whipped Sweet Potatoes

 Steamed Winter Mix

Pasta of the Day

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pumpkin Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Pumpkin
Pie

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