

Brookdale Lisle IL/AL  
Sunday, April 11, 2021

## Seasonal Starters

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad

## Seasonal Entrees

### Baked Sole

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

### Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

### Accompaniment

 Baked Potato

### Also Available

Baked Chicken Quarters

 Baked Sole

## Seasonal Desserts

### Ice Cream of the Month

Vanilla Ice Cream

### Cookie of the Month

Chocolate Chip Cookie

### Fruit

Chilled Applesauce

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



Brookdale Lisle IL/AL  
Sunday, April 11, 2021

## Featured Starters

### Soup of the Day

White Bean Soup with Tarragon

### Salad of the Day

Lettuce and Herb Salad

## Featured Entrees

### Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

### Marsala Chicken


Chicken breast simmered in a mushroom and marsala wine sauce.

### Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

### Vegetable

Lemon Butter Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

### Accompaniments

 Baked Potato

Mashed Potatoes and Gravy

## Featured Desserts

### Dessert

Baked Peach Cobbler

### Dessert

Tropical Fruit Gelatin

### Guiltless Pleasures

No Sugar Added Peach  
Cobbler

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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Brookdale Lisle IL/AL  
Monday, April 12, 2021

### Seasonal Starters

Soup of the Season

Beef Broth Soup

Salad of the Season

Mixed Green Salad

### Seasonal Entrees

 **Baked Sole**

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

**Baked Chicken Quarters**

Lightly seasoned oven baked chicken quarters.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniment

Lemon Couscous

Also Available

Baked Chicken Quarters

 Baked Sole

### Seasonal Desserts

Ice Cream of the Month


Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

Chilled Applesauce

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Brookdale Lisle IL/AL  
Monday, April 12, 2021

### Featured Starters

Soup of the Day

Cream of Spinach Soup

Salad of the Day

Fresh Vegetable Salad

### Featured Entrees

 **Basa Baked in White Wine**

Fillet of basa baked with white wine and served with fresh lemon.

**Beef Stroganoff**


Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

**Turkey Medallions**

Sauteed marinated turkey medallions with a mustard cream sauce.

Vegetable

Buttered Spaghetti Squash

Item can be prepared as an  Optimum Life Cuisine Option

Italian Style Eggplant

Accompaniments

Egg Noodles

Mashed Potatoes and Gravy

### Featured Desserts

Dessert


Glazed Lemon Pound  
Cake

Dessert

Rice Pudding with Raisins

Guiltless Pleasures

Reduced Sugar  
Chocolate Cake

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## Main Meal

Brookdale Lisle IL/AL

Tuesday, April 13, 2021

### Seasonal Starters

#### Soup of the Season

Beef Broth Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Sole

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


#### Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

#### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

#### Accompaniment

 Roasted Rosemary Potatoes

#### Also Available

Baked Chicken Quarters

 Baked Sole

### Seasonal Desserts

#### Ice Cream of the Month

Vanilla Ice Cream

#### Cookie of the Month

Chocolate Chip Cookie

#### Fruit

Chilled Applesauce

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Brookdale Lisle IL/AL

Tuesday, April 13, 2021

### Featured Starters

#### Soup of the Day

Chicken Noodle Soup

#### Salad of the Day

Italian Salad

### Featured Entrees

#### Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

#### Grilled Breast of Chicken with Dijon Mustard Sauce

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.


#### Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

#### Vegetable


Caramelized Carrots

#### Accompaniments

 Roasted Rosemary Potatoes

Buttered Chef's Mixed Vegetables

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Peach Pie

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added Peach Pie

 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 Lisle IL/AL

Wednesday, April 14, 2021

### Seasonal Starters

#### Soup of the Season

Beef Broth Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Sole

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

#### Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

#### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

#### Accompaniment

Pasta with Tomato Basil Sauce

#### Also Available

Baked Chicken Quarters

 Baked Sole

### Seasonal Desserts

#### Ice Cream of the Month

Vanilla Ice Cream

#### Cookie of the Month

Chocolate Chip Cookie

#### Fruit

Chilled Applesauce

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Brookdale Lisle IL/AL

Wednesday, April 14, 2021

### Featured Starters

#### Soup of the Day

Creamy Mushroom Soup

#### Salad of the Day

Mixed Green Salad with Oranges and Cilantro

### Featured Entrees

#### Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

#### Sauteed Pork Medallions with Red Peppers


Pork medallions with Grand Marnier demi glace.

#### Baked Orange Roughy

Fillet of orange roughy topped with a squeeze of lemon juice and baked.

#### Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Harvard Style Beets

#### Accompaniments

Pasta with Tomato Basil Sauce

Mashed Potatoes and Gravy

### Featured Desserts

#### Dessert

Yellow Cake with Buttercream Frosting

#### Dessert

Pecan Pie

#### Guiltless Pleasures

Reduced Sugar Chocolate Pudding

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.

Brookdale Lisle IL/AL

Thursday, April 15, 2021

## Seasonal Starters

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad

## Seasonal Entrees

### Baked Sole

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

### Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

### Accompaniment

Buttered Parslied Egg Noodles

### Also Available

Baked Chicken Quarters

 Baked Sole

## Seasonal Desserts

### Ice Cream of the Month

Vanilla Ice Cream

### Cookie of the Month

Chocolate Chip Cookie

### Fruit

Chilled Applesauce

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Brookdale Lisle IL/AL

Thursday, April 15, 2021

## Featured Starters

### Soup of the Day

Lentil Soup

### Salad of the Day

Lemony Carrot Salad with Dill


## Featured Entrees

### Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

### Baked Tilapia with Pineapple Salsa

Tilapia fillet served with a chilled bell pepper, onion and pineapple salsa.

Item can be prepared as an  Optimum Life Cuisine Option

### Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

### Vegetable


Cauliflower Au Gratin

### Accompaniments

Buttered Parslied Egg Noodles

Buttered Green Peas

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

Brownies

### Dessert

Ice Cream of the Day

### Guiltless Pleasures

No Sugar Added  
Brownie Drop Cookie

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Main Meal

Brookdale Lisle IL/AL

Friday, April 16, 2021

**Seasonal Starters**

**Soup of the Season**

Beef Broth Soup

**Salad of the Season**

Mixed Green Salad

**Seasonal Entrees**

 **Baked Sole**

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

**Baked Chicken Quarters**

Lightly seasoned oven baked chicken quarters.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

**Accompaniment**

Vesuvio Potato

**Also Available**

Baked Chicken Quarters

 Baked Sole

**Seasonal Desserts**

**Ice Cream of the Month**

Vanilla Ice Cream

**Cookie of the Month**

Chocolate Chip Cookie

**Fruit**

Chilled Applesauce

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Brookdale Lisle IL/AL

Friday, April 16, 2021

**Featured Starters**

**Soup of the Day**

Cream of Sweet Potato Soup

**Salad of the Day**

Cucumber Salad

**Featured Entrees**

 **Baked Catfish**

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


**Swiss Steak**


Tender cube steak baked in a delicious tomato brown sauce.

**Chicken Vesuvio**

Seasoned chicken quarter sauteed and baked in a spicy pan sauce

**Vegetable**

 Grilled Asparagus

 Steamed Cauliflower

**Accompaniments**

Vesuvio Potato

Mashed Potatoes and Gravy

**Featured Desserts**

**Dessert**

Banana Cream Pie

**Dessert**

Peanut Butter Cookie

**Guiltless Pleasures**

Reduced Sugar Banana Cream Pie

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We invite you to share your comments with your Dining Leaders.

Brookdale Lisle IL/AL

Saturday, April 17, 2021

### Seasonal Starters

Soup of the Season

Beef Broth Soup

Salad of the Season

Mixed Green Salad

### Seasonal Entrees

 **Baked Sole**

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

**Baked Chicken Quarters**

Lightly seasoned oven baked chicken quarters.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniment

Potato Pancakes

Also Available

Baked Chicken Quarters

 Baked Sole

### Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

Chilled Applesauce

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Brookdale Lisle IL/AL

Saturday, April 17, 2021

### Featured Starters

Soup of the Day

Beef Vegetable Soup

Salad of the Day

Jicama Slaw

### Featured Entrees

**Pork Roast with Horseradish and Herbs**

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

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

 **Stir Fried Beef and Broccoli**

Beef flank steak stir fried with broccoli, pea pods and red bell peppers.


Vegetable

Sauteed Spinach with Mushrooms

Sauteed Bell Peppers and Onions

Accompaniments

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

### Featured Desserts

Dessert

Cheesecake

Dessert

Peanut Butter Cookie

Guiltless Pleasures

Reduced Sugar  
Cheesecake Whip

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