

Main Meal

Brookdale Des Plaines

Sunday, April 18, 2021

**Seasonal Starters**

**Soup of the Season**

Vegetable Barley Soup

**Salad of the Season**

Boston Lettuce Salad with Creamy  
Orange Shallot Dressing

**Seasonal Entrees**

**🍴 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.

**Accompaniment**

Roasted Potato Medley

**Also Available**

Stuffed Shells

French Dip Sandwich

**Seasonal Desserts**

**Ice Cream of the Month**

Rainbow Sherbet

**Cookie of the Month**

Lemon Cookie

**Fruit**

**🍴 Fresh Fall Fruit Cup**

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



Brookdale Des Plaines

Sunday, April 18, 2021

**Featured Starters**

**Soup of the Day**

Baked Potato Soup

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

**Traditional Roast Turkey**

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an **🍴 Optimum Life Cuisine Option**

**Sausage with Lentils**

Bacon and sausage sauteed in wine and served over seasoned lentils.

**Chicken Romano**

Seared chicken breast with a Romano cheese crust and mushrooms.

**Vegetable**

Green Bean Casserole

Braised Swiss Chard

**Accompaniments**

Homestyle Bread Stuffing

Whipped Sweet Potatoes

**Featured Desserts**

**Dessert**

Cinnamon Applecake

**Dessert**

Pecan Meringue Dessert

**Guiltless Pleasures**

Applesauce Spice Bars

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Brookdale Des Plaines  
Monday, April 19, 2021

## Seasonal Starters

### Soup of the Season

Vegetable Barley Soup

### Salad of the Season

Boston Lettuce Salad with Creamy  
Orange Shallot Dressing

## Seasonal Entrees

### **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.

### Accompaniment

Orzo Pilaf

### Also Available

Stuffed Shells

French Dip Sandwich

## Seasonal Desserts

### Ice Cream of the Month

Rainbow Sherbet

### Cookie of the Month

Lemon Cookie

### Fruit

 Chilled Peaches

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Brookdale Des Plaines  
Monday, April 19, 2021

## Featured Starters

### Soup of the Day

Chicken and Rice Soup

### Salad of the Day

Vegetable Slaw

## Featured Entrees

### **Eggplant Parmesan**

Breaded eggplant layered with cheese and Italian meat sauce and baked.

### **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

### **Grilled Sole**

Sole fillet lightly seasoned and grilled.


### Vegetable

 Steamed Carrots

chicken a la

### Accompaniments

Potato Onion Supreme

 Roasted Italian Herb Potatoes

## Featured Desserts

### Dessert

Strawberry Pie

### Dessert

Frosted Brownie

### Guiltless Pleasures

No Sugar Added  
Strawberry Dream

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## Main Meal

Brookdale Des Plaines  
Tuesday, April 20, 2021

### Seasonal Starters

#### Soup of the Season

Vegetable Barley Soup

#### Salad of the Season

Boston Lettuce Salad with Creamy  
Orange Shallot Dressing

### Seasonal Entrees

#### **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.

#### Accompaniment

Hashbrown Potato Casserole

#### Also Available

Stuffed Shells

French Dip Sandwich

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Fresh Melon Cup

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Brookdale Des Plaines  
Tuesday, April 20, 2021

### Featured Starters

#### Soup of the Day

Cream of Broccoli Soup

#### Salad of the Day

Sour Cream Cucumber Salad

### Featured Entrees

#### **Basa Baked in White Wine**

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

#### **Barbecue Chicken**

Chicken quarters grilled and basted with homemade barbecue sauce.


#### **Fried Chicken**

Choice of light or dark meat hand breaded and fried to golden brown.


Item can be prepared as an  Optimum Life Cuisine Option

#### Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

#### Accompaniments

Garden Blend Rice

Egg Roll

### Featured Desserts

#### Dessert

Orange Creamsicle  
Cake

#### Dessert

Chocolate Ribbon Pie

#### Guiltless Pleasures

Reduced Sugar Frosted  
Orange Cake

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Brookdale Des Plaines

Wednesday, April 21, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Barley Soup

Salad of the Season

Boston Lettuce Salad with Creamy Orange Shallot Dressing

**Seasonal Entrees**

 **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.

Accompaniment

Roasted Horseradish Potatoes

Also Available

Stuffed Shells

French Dip Sandwich

**Seasonal Desserts**

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Pears

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Brookdale Des Plaines

Wednesday, April 21, 2021

**Featured Starters**

Soup of the Day

Beef Noodle Soup

Salad of the Day

Chopped Salad

**Featured Entrees**

**Smothered Pork Chop with Peppers**

Bone-in pork chop simmered in a rich bell pepper and onion gravy.


 **Stir Fry Chicken and Vegetables**

Chicken breast and fresh vegetables stir-fried with ginger and soy sauce.

**Beef and Rice Meatballs**

Ground beef and rice meatballs simmered in a traditional tomato sauce.

Vegetable

 Steamed Green Peas

Stewed Tomatoes

Accompaniments

Mashed Potatoes

Hush Puppies

**Featured Desserts**

Dessert

Raspberry Sorbet

Dessert

Traditional Sour Cream Pound Cake

Guiltless Pleasures

Reduced Sugar Raspberry Mousse

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## Main Meal

Brookdale Des Plaines

Thursday, April 22, 2021

### Seasonal Starters

#### Soup of the Season

Vegetable Barley Soup

#### Salad of the Season

Boston Lettuce Salad with Creamy  
Orange Shallot Dressing

### Seasonal Entrees

#### **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.

#### Accompaniment

Herb Seasoned Rice

#### Also Available

Stuffed Shells

French Dip Sandwich

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Fresh Fruit Bowl

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

Thursday, April 22, 2021

### Featured Starters

#### Soup of the Day

Cheddar Beer Soup

#### Salad of the Day

Marinated Vegetable Salad

### Featured Entrees

#### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

#### **Veal Cutlets**

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

#### **Sole Florentine**

Fillet of sole baked in a spinach wine sauce.

#### Vegetable

Roasted Asparagus

Scalloped Broccoli

#### Accompaniments

Barley Risotto

Classic Duchess Potatoes

### Featured Desserts

#### Dessert

Chocolate Peanut  
Butter Pie

#### Dessert

Cherry Turnover

#### Guiltless Pleasures

Reduced Sugar Peanut  
Butter Chocolate Bars

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Brookdale Des Plaines

Friday, April 23, 2021

## Seasonal Starters

### Soup of the Season

Vegetable Barley Soup

### Salad of the Season

Boston Lettuce Salad with Creamy Orange Shallot Dressing

## Seasonal Entrees

### 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.

### Accompaniment

Vesuvio Potato

### Also Available

Stuffed Shells

French Dip Sandwich

## Seasonal Desserts


### Ice Cream of the Month


Rainbow Sherbet

### Cookie of the Month

Lemon Cookie

### Fruit

 Fresh Fruit Cup

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



Brookdale Des Plaines

Friday, April 23, 2021

## Featured Starters

### Soup of the Day

Minestrone Soup

### Salad of the Day

Tomato and Crouton Salad

## Featured Entrees

### Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

### Roasted Rosemary Chicken Thighs


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

### Grilled Chicken Spinach Salad

Marinated grilled breast of chicken served over fresh spinach salad.

### Vegetable

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Italian Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

### Accompaniments

 Baked Potato

Pasta of the Day

## Featured Desserts

### Dessert

Apricot Bars

### Dessert

Butterscotch Pudding

### Guiltless Pleasures

Sugar Free Oatmeal Cookie

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## Main Meal

Brookdale Des Plaines  
Saturday, April 24, 2021

### Seasonal Starters

#### Soup of the Season

Vegetable Barley Soup

#### Salad of the Season

Boston Lettuce Salad with Creamy  
Orange Shallot Dressing

### Seasonal Entrees

#### **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.

#### Accompaniment

Rosemary Potato Gratin

#### Also Available

Stuffed Shells

French Dip Sandwich

### Seasonal Desserts


#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Fresh Fruit Cup

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Brookdale Des Plaines  
Saturday, April 24, 2021

### Featured Starters

#### Soup of the Day

Garden Chili

#### Salad of the Day

Mixed Green Salad

### Featured Entrees

#### **Sautéed Shrimp**

Sauteed shrimp tossed with garlic, lemon and parsley.

#### **Beef Stroganoff**


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

#### **Shrimp and Creamy Cheese Grits**

Sauteed shrimp with peppers and onions served over cheddar cheese grits.

#### Vegetable

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Root Vegetables

#### Accompaniments

Couscous

Parslied New Potatoes

### Featured Desserts

#### Dessert

Almond Cake

#### Dessert

Mixed Berry Pie

#### Guiltless Pleasures

Reduced Sugar Almond  
Mousse Cake

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