

Main Meal

Brookdale Lake Shore Drive

Sunday, January 17, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Warm Potato Salad

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

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 Lake Shore Drive

Sunday, January 17, 2021

Featured Starters

Soup of the Day

Cream of Chicken Soup

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Barbecue Beef Ribs

Moist and tender, slow roasted beef ribs cooked in barbecue sauce.

Vegetable

 Steamed Chef's Vegetables

Creamed Spinach

Accompaniments

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Navy Beans

Featured Desserts

Dessert

Pineapple Upside Down
Cake

Dessert

Blueberry Crisp

Guiltless Pleasures

Reduced Sugar
Pineapple Upside Down
Cake

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

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Main Meal

Brookdale Lake Shore Drive

Monday, January 18, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Barley Risotto

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Peaches

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

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Brookdale Lake Shore Drive

Monday, January 18, 2021

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Tossed Green Salad

Featured Entrees

Braised Beef Provencale

Tender, slow cooked beef and vegetables served in a red wine sauce.

Roast Turkey

Perfectly seasoned slow roasted turkey.


Herb Encrusted Cod

Cod fillet coated with a Dijon herb crust and lightly sauteed.

Vegetable

 Steamed Brussels Sprouts

Glazed Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Herbed Potatoes

Sweet Potato Casserole

Featured Desserts

Dessert

Chocolate Meringue Pie

Dessert

Banana Tapioca

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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

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Main Meal

Brookdale Lake Shore Drive

Tuesday, January 19, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Homestyle Potatoes

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Melon Cup

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

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Brookdale Lake Shore Drive

Tuesday, January 19, 2021

Featured Starters

Soup of the Day

Butternut Squash and Apple Soup

Salad of the Day

Classic Pea Salad

Featured Entrees

Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Vegetable

Roasted Green Beans and Red Peppers

 Steamed Corn

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Garlic and Chive Mashed Potatoes

Featured Desserts

Dessert

Mocha Cake

Dessert

Old Fashioned Oatmeal
Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Lake Shore Drive
Wednesday, January 20, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Macaroni and Cheese

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Lake Shore Drive
Wednesday, January 20, 2021

Featured Starters

Soup of the Day

Lentil and Sausage Soup

Salad of the Day

Baby Carrots with Dip

Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

Basa Baked in White Wine

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

Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

Vegetable

 Steamed Broccoli

Stewed Tomatoes

Accompaniments

Hash Brown Potatoes

Couscous

Featured Desserts

Dessert

Pear Tart

Dessert

Rocky Road Ice Cream

Guiltless Pleasures

Baked Pears

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

Brookdale Lake Shore Drive

Thursday, January 21, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Classic French Fries

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Bowl

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

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



Brookdale Lake Shore Drive

Thursday, January 21, 2021

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Sliced Radish and Cucumber Plate

Featured Entrees

Spinach Stuffed Chicken

Chicken breast rolled with a spinach blend served with apricot sauce.

Veal Stew

Veal simmered in a rich broth with potatoes, carrots, celery and onions.

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

Vegetable

 Steamed Butternut Squash

Roasted Parsnips

Accompaniments

Wild Rice Blend

Potato Wedges

Featured Desserts

Dessert

Peach Crumb Pie

Dessert

Key Lime Mousse

Guiltless Pleasures

Reduced Sugar Peach Mousse Cake

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

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Brookdale Lake Shore Drive

Friday, January 22, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Rissole Potatoes

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

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 Lake Shore Drive

Friday, January 22, 2021

Featured Starters

Soup of the Day

Matzo Ball Soup

Salad of the Day

Chatsworth Tossed Salad

Featured Entrees

Beef Stroganoff

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

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

Sauteed Pork Medallions

Sauteed lean pork loin medallions with a light cucumber mustard sauce.


Vegetable

Carrot Tzimmes

 Steamed Cabbage

Accompaniments

Buttered Parslied Egg Noodles

 Roasted Rosemary Potatoes

Featured Desserts

Dessert

Cheesecake

Dessert

Milk Chocolate Chunk
Cookie

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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

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Main Meal

Brookdale Lake Shore Drive

Saturday, January 23, 2021

Seasonal Starters

Soup of the Season

Roasted Chicken Soup

Salad of the Season

Chopped Liver

Seasonal Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniment

Yellow Rice

Also Available

 Fillet of Sole Almondine

Mushroom Swiss Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

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 Lake Shore Drive

Saturday, January 23, 2021

Featured Starters

Soup of the Day

Potato and Bacon Soup

Salad of the Day

Arugula and Pear Salad

Featured Entrees

Turkey Meatloaf

A blend of turkey and seasonings for a healthy version of an old favorite.

Roast Beef with Au Jus

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


Glazed Coconut Chicken

Coconut breaded white meat chicken pieces with an apricot mustard sauce.

Vegetable

Ratatouille

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Whipped Potatoes

 Baked Potato

Featured Desserts

Dessert

Apple Walnut Cake

Dessert

Hello Dolly Dessert Bars

Guiltless Pleasures

Applesauce Spice Bars

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