

Main Meal

Brookdale Evesham

Sunday, September 12, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Mango Basil Shrimp

Sauteed shrimp tossed with mangos and seasoned in a spicy basil blend.

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Potato

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Rice

 Steamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Coconut Cream Pie

 Mixed Melons

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 Evesham

Monday, September 13, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Sweet Potato

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Garlic and Chive Mashed Potatoes

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Spice Cake with Mocha
Frosting

 Mandarin Oranges

Reduced Sugar Frosted
Spice Cake

 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 Evesham

Tuesday, September 14, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Potato

 Steamed Broccoli

Pasta of the Day

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pear Tart

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Mint
Chocolate Mousse

 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 Evesham

Wednesday, September 15, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Chicken Thighs Dijon

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

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Potato

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Potato and Cheese Pierogi

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

 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 Evesham

Thursday, September 16, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Country Fried Steak

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

 **Herb Baked Haddock**

Baked haddock fillet marinated in white wine, mustard, and herbs.

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Sweet Potato

Roasted Carrots and Parsnips with Herbs

Orzo Pilaf

 Fresh Vegetable Blend

Featured Desserts

Dessert

Bread Pudding

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

 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 Evesham

Friday, September 17, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Homestyle Meatloaf

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

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Potato

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Kasha and Bow Ties

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Key Lime Pie

Chilled Applesauce

Reduced Sugar Frosted
Lemon Cake

 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 Evesham
Saturday, September 18, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Sole Florentine

Fillet of sole baked in a spinach wine sauce.

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Open Faced Tuna Melt Sandwich

Tuna salad and swiss cheese on wheat bread grilled to perfection.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniments

 Baked Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Polenta

Sauteed Sugar Snap Peas


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

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

