

Main Meal

Brookdale Lake View

Sunday, September 19, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Peanut Butter 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 Lake View

Sunday, September 19, 2021

Featured Starters

Soup of the Day

Broccoli Cheese Chowder

Salad of the Day

Wedge Salad

Featured Entrees

Turkey Breast with Orange Glaze

Tender turkey breast simmered in a light orange sauce with prunes.

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Basa Baked in White Wine

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

Vegetable

Homestyle Sauerkraut

Accompaniments

Macaroni and Cheese

 Steamed Broccoli

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Pecan Pie

Dessert

Lemon Sorbet

Guiltless Pleasures

Sugar Free Cherry Gelatin

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

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

Brookdale Lake View

Monday, September 20, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

 **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts

Ice Cream of the Month


Mint Chocolate Chip Ice Cream

Cookie of the Month

Peanut Butter 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 Lake View

Monday, September 20, 2021

Featured Starters

Soup of the Day

Mushroom Barley Soup

Salad of the Day

Fresh Spinach Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.


 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

 **Baked Sole Almondine**


Fillet of sole baked with onion, garlic, lemon and slivered almonds.

Vegetable

 Steamed Green Peas

Accompaniments

Mashed Yukon Gold Potatoes

 Steamed Broccoli

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Apple Cobbler

Dessert

Tapioca Pudding

Guiltless Pleasures

Sugar Free Lemon Gelatin

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

Brookdale Lake View

Tuesday, September 21, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

 **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Peanut Butter 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 Lake View

Tuesday, September 21, 2021

Featured Starters

Soup of the Day

Cream of Carrot Soup

Salad of the Day

Cucumber and Onion in Sour Cream Salad

Featured Entrees

 **Seasoned Baked Cod with Lemon**

Fillet of cod seasoned with lemon juice, parsley and paprika.

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Chicken Milanese

Breaded chicken breast cooked in a white wine and lemon sauce.

Vegetable

Stewed Tomatoes

Accompaniments

Mediterranean Orzo

 Steamed Broccoli

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Carrot 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 Lake View

Wednesday, September 22, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Peanut Butter 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 Lake View

Wednesday, September 22, 2021

Featured Starters

Soup of the Day

Tomato Florentine Soup

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Apple Butter Pork Loin

Pork tenderloin roasted with a topping of cinnamon spiced apple butter.

Spicy Honey Brushed Chicken Thighs

Spice rubbed boneless chicken thighs broiled with a honey glaze.

Catfish and Slaw Sandwich

Creole seasoned catfish served with a cabbage slaw on a whole wheat bun.

Vegetable

Glazed Butternut Squash

Accompaniments

Sweet Potato Fries

 Steamed Broccoli

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Lemon Bars

Dessert

Chocolate Brownies

Guiltless Pleasures

Sugar Free Black
Raspberry Gelatin

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

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

Brookdale Lake View

Thursday, September 23, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

 **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Peanut Butter 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 Lake View

Thursday, September 23, 2021

Featured Starters

Soup of the Day

Potato Leek Soup

Salad of the Day

Beet and Onion Salad with Bleu Cheese

Featured Entrees

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

Traditional Gyros with Tzatziki Sauce

Tender gyro meat served on pita bread with Tzatziki sauce.


Vegetable

Roasted Beets

 Steamed Broccoli

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Strawberry Cake

Dessert

Frozen Yogurt

Guiltless Pleasures

Sugar Free Lime Gelatin

 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 Lake View

Friday, September 24, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts


Ice Cream of the Month


Mint Chocolate Chip Ice
Cream

Cookie of the Month

Peanut Butter 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 Lake View

Friday, September 24, 2021

Featured Starters

Soup of the Day

Seafood Chowder

Salad of the Day

Classic Coleslaw

Featured Entrees

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Beer Battered Cod

Deep fried beer battered cod served with a lemon wedge and tartar sauce.

Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

Vegetable

Creamed Spinach

 Steamed Broccoli

Accompaniments

Horseradish Mashed Potatoes

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Blueberry Pie

Dessert

Baked Apple

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.

Brookdale Lake View

Saturday, September 25, 2021

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Chopped Salad

Seasonal Entrees

 **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Accompaniment

French Fried Potatoes

Also Available

Cheeseburger

All Beef Hot Dog

Seasonal Desserts


Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Peanut Butter 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 Lake View

Saturday, September 25, 2021

Featured Starters

Soup of the Day

Garden Chili

Salad of the Day

Tomato and Mushroom Plate

Featured Entrees

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Roast Beef Sandwich with Roasted Red Onion


Roast beef, roasted sweet red onions and mayonnaise served on a French roll.

Vegetable

Sauteed Vegetable Blend

Accompaniments

Potatoes Roasted with Garlic

 Steamed Broccoli

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Boston Cream Pie
Cake

Dessert

Coffee Ice Cream

Guiltless Pleasures

Sugar Free Orange
Gelatin

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