

Main Meal

Brookdale Quincy Bay
Sunday, October 17, 2021

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Grilled Chicken Thighs

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

Honey Dijon Glazed Ham

Premium smoked ham glazed with a savory honey Dijon sauce.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Sauteed Mushroom, Pepper, and
Onion

Candied Yams

Mixed Green Salad with Dressing

Featured Desserts

Dessert

Banana Cream Cake

Dessert

 Fresh Fall Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

 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 Quincy Bay
Monday, October 18, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Braised Beef

Tender beef simmered in a red wine sauce with vegetables.

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Almondine Style Broccoli

Rice Pilaf

 Fresh Asparagus and Cauliflower

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Quincy Bay
Tuesday, October 19, 2021

Salad of the Day

Tossed Garden Salad

Featured Entrees

Chicken Kiev

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Traditional Potato Salad

 Steamed Carrots

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Chocolate Sheet Cake

 Fresh Melon Cup

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Quincy Bay
Wednesday, October 20, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Roast Pork with Cherry Almond Glaze

Seasoned pork loin roasted with a cherry almond glaze.

Baked Haddock

Haddock baked in the oven with a squeeze of lemon juice.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Peas with Carrots

Fettuccini Alfredo

Italian Style Yellow Squash

Featured Desserts

Dessert

Classic Tiramisu

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Quincy Bay
Thursday, October 21, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Rosemary and Garlic Chicken

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

Breaded Veal Cutlet with Mushroom Cream Sauce

Hand breaded veal cutlet baked with a creamy mushroom sauce.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

 Steamed Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Homemade Apple Pie

 Fresh Fruit Bowl

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Quincy Bay
Friday, October 22, 2021

Salad of the Day

Creamy Cole Slaw

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

Sauteed Spinach with Peppers and
Tomato

Orange with Sweet Bell Peppers Rice

Fresh Green Bean Casserole

Featured Desserts

Dessert

Tapioca Pudding

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Quincy Bay
Saturday, October 23, 2021

Salad of the Day

Garden Slaw

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Salisbury Steak

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

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes

 Steamed Chef's Vegetables

Parmesan Noodles

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pecan Pie

Dessert

 Pineapple Chunks

Guiltless Pleasures

Sugar Free Lemon
Cookie

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