

Brookdale Quincy Bay

Sunday, October 18, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Hush Puppies

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month


Mint Chocolate Chip Ice Cream

Cookie of the Month

Snickerdoodle 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 Quincy Bay

Sunday, October 18, 2020

Featured Starters

Soup of the Day

Lentil Soup

Salad of the Day

Spinach, Bacon and Swiss Cheese Salad

Featured Entrees

 **Sauteed Mediterranean Chicken**

Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

Slow Roasted Pork and Sauerkraut


Tender pork loin slow roasted with sauerkraut.

 **Pecan Crusted Catfish**


Flaky white catfish lightly coated with a pecan crust and oven baked.

Vegetable

Lyonnais Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Mashed Potatoes

Jasmine Rice

Featured Desserts

Dessert

Boston Cream Cake

Dessert

Coconut Cream Pudding

Guiltless Pleasures

No Sugar Added Apple 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 Quincy Bay

Monday, October 19, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Walnut Apple Rice

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Snickerdoodle Cookie

Fruit

 Fresh Fall Fruit Cup

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Brookdale Quincy Bay

Monday, October 19, 2020

Featured Starters

Soup of the Day

Cabbage and Beef Soup

Salad of the Day

Mini Caesar Salad

Featured Entrees

New England Boiled Beef Dinner

Simmered beef brisket served with cabbage, onions and gravy.

Poached Salmon with Dill Sauce

Poached fillet of salmon served with a creamy dill sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Classic Cheese Lasagna

Layers of tender pasta baked with marinara sauce and 3 cheeses.

Vegetable

Braised Kale

Roasted Carrots and Parsnips with Herbs

Accompaniments

Mashed Potatoes

Barley Pilaf

Featured Desserts

Dessert

Strawberry Rhubarb Pie

Dessert

Spiced Pumpkin Bars

Guiltless Pleasures

No Sugar Added
Fruited Gelatin

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Main Meal

Brookdale Quincy Bay

Tuesday, October 20, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Herb and Cheese Gnocchi

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Snickerdoodle Cookie

Fruit

 Fresh Fall Fruit Cup

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Brookdale Quincy Bay

Tuesday, October 20, 2020

Featured Starters

Soup of the Day

Cream of Vegetable Soup

Salad of the Day

Tangy Three Bean Salad

Featured Entrees

Baked Swordfish

Fillet of swordfish baked in the oven with a squeeze of lemon juice.

Chicken Fried Steak with Gravy


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

Garlic Chicken

Garlic marinated chicken quarters baked in the oven until tender.

Vegetable

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

Accompaniments

Mashed Potatoes

Red Beans and Rice

Featured Desserts

Dessert

Banana Cream Cake

Dessert

Rainbow Sherbet

Guiltless Pleasures

Reduced Sugar
Butterscotch 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 Quincy Bay

Wednesday, October 21, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Calico Home Fries

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month


Mint Chocolate Chip Ice
Cream

Cookie of the Month

Snickerdoodle Cookie

Fruit

 Fresh Fall Fruit Cup

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

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Brookdale Quincy Bay

Wednesday, October 21, 2020

Featured Starters

Soup of the Day

Split Pea with Ham Soup

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Smothered Pork Chop with Peppers

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

Baked Haddock

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

Lamb Meatballs with Mint

Lamb meatballs cooked in a tomato, wine, and mint sauce.

Vegetable

 Steamed Chef's Vegetables

Collard Greens and Bacon

Accompaniments

Mashed Potatoes

Steak Fries

Featured Desserts

Dessert

Peanut Butter Cookie

Dessert

Pear Cobbler

Guiltless Pleasures

No Sugar Added Peach
Cobbler

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Brookdale Quincy Bay

Thursday, October 22, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Rice Blend

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month


Mint Chocolate Chip Ice Cream

Cookie of the Month

Snickerdoodle 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 Quincy Bay

Thursday, October 22, 2020

Featured Starters

Soup of the Day

Tomato Bisque

Salad of the Day

Green Peas and Herbs Salad

Featured Entrees

Black Molasses Chicken

Chicken quarters baked with onions, mushrooms and black molasses.

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

 **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

Vegetable

Roasted Brussels Sprouts

 Steamed Cabbage

Accompaniments

Mashed Potatoes

Cabbage and Noodles

Featured Desserts

Dessert

Pumpkin Pie

Dessert

Gingerbread Cake

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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

Brookdale Quincy Bay
Friday, October 23, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Snickerdoodle Cookie

Fruit

 Fresh Fall Fruit Cup

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Brookdale Quincy Bay
Friday, October 23, 2020

Featured Starters

Soup of the Day

Rhode Island Clam Chowder

Salad of the Day

 Marinated Cucumber, Tomato and
Onion Salad

Featured Entrees

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

Barbecued Dry-Rubbed Chicken


Spice-rubbed chicken quarters cooked until juicy and tender.

Fish & Chips

Flash fried battered fish served with french fries and tartar sauce.

Vegetable

Lemon Butter Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Corn O'Brien

Accompaniments

Mashed Potatoes

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Rice Pudding

Dessert

Lemon Meringue Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse

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Main Meal

Brookdale Quincy Bay

Saturday, October 24, 2020

Seasonal Starters

Soup of the Season

Cream of Broccoli Soup

Salad of the Season

Carrot, Apple and Raisin Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniment

Potatoes Romanoff

Also Available

 Herb Baked Pollock

Hot Pork Sandwich

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Snickerdoodle Cookie

Fruit

 Fresh Fall Fruit Cup

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

Saturday, October 24, 2020

Featured Starters

Soup of the Day

Potato Chowder

Salad of the Day

Tossed Iceberg Salad
Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

Franks and Beans

Thick cuts of franks together with homestyle baked beans in this classic dish.

Vegetable

Sauteed Vegetable Blend

Roasted Cauliflower

Accompaniments

Mashed Potatoes

Oven Brown Potatoes

Featured Desserts

Dessert

Pound Cake

Dessert

Chocolate Ice Cream

Guiltless Pleasures

No Sugar Added Bread
Pudding

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