

Main Meal

Brookdale San Marcos
Sunday, September 19, 2021

Salad of the Day

Sweet Pecan Apple Beet Salad

Featured Entrees

Turkey Breast with Orange Glaze

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

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Cranberry Rice Pilaf

 Steamed Chef's Vegetables

Scalloped Potatoes

Braised Kale

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Rum Cake

 Fresh Assorted Melons

Applesauce Spice Bars

 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 San Marcos

Monday, September 20, 2021

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 Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Boiled Potatoes

 Steamed Green Peas

Penne Pasta with Marinara Sauce

 Steamed Carrots

Featured Desserts

Dessert

Chocolate Chip Ice
Cream

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale San Marcos

Tuesday, September 21, 2021

Salad of the Day

Marinated Vegetable Salad

Featured Entrees

 **Herb Baked Pollock**

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

Ground Round Steak with Onions

Tender beef patties served with sauteed onions and tomato sauce.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Macaroni and Cheese

Stewed Tomatoes

Creamy Baked Mashed Potatoes

Smothered Cabbage

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Southern Pecan Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale San Marcos

Wednesday, September 22, 2021

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

Spicy Honey Brushed Chicken Thighs

Spice rubbed boneless chicken thighs broiled with a honey glaze.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Hash Brown Potatoes

Glazed Butternut Squash

Anna Potatoes

 Steamed Broccoli

Featured Desserts

Dessert

Homemade Bread
Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale San Marcos
Thursday, September 23, 2021

Salad of the Day

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Veal Marsala with Mushrooms

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

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Potatoes Roasted with Garlic

Roasted Beets

Mashed Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Chocolate Layer Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse Layer
Cake

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Main Meal

Brookdale San Marcos
Friday, September 24, 2021

Salad of the Day

Chopped Salad

Featured Entrees

Barbecue Beef Ribs

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

Turkey Divan

Sliced turkey breast and broccoli covered in a rich cream sauce.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Homestyle Potatoes

Creamed Spinach

Pasta of the Day

Roasted Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale San Marcos
Saturday, September 25, 2021

Salad of the Day

Red Pepper, Mushroom and Olive Plate

Featured Entrees

Grilled Salmon

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

California Garlic Pot Roast

Tender beef pot roast braised in an aromatic broth.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Classic Patty Melt

Beef burger, grilled onions and two cheeses serve on grilled rye bread.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Accompaniments

Lemon Couscous

Sauteed Vegetable Blend

Fingerling Potatoes with Fresh Herbs

Braised Lima Beans

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added Pound
Cake

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