

Main Meal

Brookdale Nohl Ranch
Sunday, September 13, 2026

Salad of the Day

Sweet Pecan Apple Beet Salad

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Baked Ham

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

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

 Steamed Fresh Green Beans

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

Homestyle Bread Stuffing

Desserts

Feature

Boston Cream Cake

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

 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 Nohl Ranch
Monday, September 14, 2026

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.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

 **Steamed Green Peas**

 **Steamed Carrots**

 **Steamed Brown Rice**

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Crisp

Fruit

 **Fresh Fruit Cup**

Guiltless Pleasures

No Sugar Added Fruited
Gelatin

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Main Meal

Brookdale Nohl Ranch

Tuesday, September 15, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

Lois Reids Special Meat Loaf

A baked loaf of ground beef, oatmeal, and seasonings.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Stewed Tomatoes

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Bacon Mashed Potatoes

Fettuccini Alfredo

Desserts

Feature

Eggnog Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Lemon
Pudding Parfait

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Main Meal

Brookdale Nohl Ranch
Wednesday, September 16, 2026

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.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Glazed Butternut Squash

 Steamed Broccoli

Sweet Potato Casserole

Rice Pilaf

Desserts

Feature

Oreo Cream Mini
Shooter

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Nohl Ranch
Thursday, September 17, 2026

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Roasted Beets

Sauteed Zucchini with Peppers and
Onions

Potatoes Roasted with Garlic

Mashed Potatoes

Desserts

Feature

Apricot Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Nohl Ranch
Friday, September 18, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

Grilled Trout

Trout fillet lightly seasoned and grilled.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Creamed Spinach

Roasted Brussels Sprouts

Mashed Red Potatoes

Spinach Brown Rice

Desserts

Feature

Mixed Berry Pie

Fruit

 Mandarin Oranges

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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Main Meal

Brookdale Nohl Ranch
Saturday, September 19, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Old-Fashioned Chicken Fricassee

Classic stew of chicken breast and vegetables simmered in white wine.

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life
Cuisine Option

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Buttered Cauliflower

Braised Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Couscous

Potato Onion Supreme

Desserts

Feature

Carrot Cake with Cream
Cheese Frosting

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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