

Main Meal

Brookdale Nohl Ranch

Sunday, April 11, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Diced Pears

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

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



Brookdale Nohl Ranch

Sunday, April 11, 2021

Featured Starters

Soup of the Day

Winter Cabbage Soup

Salad of the Day

Macaroni Salad

Featured Entrees

Yankee Pot Roast

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

Mediterranean Style Chicken

Chicken breast topped with mushrooms, olives, tomatoes and capers.

Breaded Flounder Fillets

Cornmeal breaded flounder fillet baked to perfection.

Vegetable

 Steamed Broccoli

Stewed Tomatoes

Accompaniments

Garlic Mashed Potatoes

 Baked Potato

Featured Desserts

Dessert

Baked Custard

Dessert

Yellow Cake with Buttercream Frosting

Guiltless Pleasures

Reduced Sugar Custard

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

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Main Meal

Brookdale Nohl Ranch
Monday, April 12, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Nohl Ranch
Monday, April 12, 2021

Featured Starters

Soup of the Day

Cream of Mushroom Soup

Salad of the Day

Marinated Tomato and Onion Salad

Featured Entrees

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Salisbury Steak


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

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

Vegetable

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Italian Style Yellow Squash

Accompaniments

Mashed Potatoes and Gravy

 Baked Potato

Featured Desserts

Dessert

Frosted German
Chocolate Cake

Dessert

Apple Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Cake

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Main Meal

Brookdale Nohl Ranch

Tuesday, April 13, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Apricot Halves

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

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Brookdale Nohl Ranch

Tuesday, April 13, 2021

Featured Starters

Soup of the Day

Chicken Tortilla Soup

Salad of the Day

Julienned Beet Salad

Featured Entrees

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

Grilled Breast of Chicken with Dijon Mustard Sauce


Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.


Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Braised Cabbage

Accompaniments

 Roasted Rosemary Potatoes

 Baked Potato

Featured Desserts

Dessert

Peach Pie

Dessert

White Chocolate Mousse

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.

Brookdale Nohl Ranch

Wednesday, April 14, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **Southwestern Breast of Chicken**

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts


Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Lemon 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 Nohl Ranch

Wednesday, April 14, 2021

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Triple Bean Salad

Featured Entrees

Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

Sauteed Pork Medallions with Red Peppers


Pork medallions with Grand Marnier demi glace.

Coconut Fried Shrimp

Curry marinated shrimp encrusted with coconut and flash fried.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Tomato

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Featured Desserts

Dessert

Cherry Cake

Dessert

Cream Puffs

Guiltless Pleasures

Reduced Sugar Frosted
Cherry 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 Nohl Ranch
Thursday, April 15, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Peaches

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



Brookdale Nohl Ranch
Thursday, April 15, 2021

Featured Starters

Soup of the Day

Minestrone Soup

Salad of the Day

Cucumber Dill Salad

Featured Entrees

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Roast Turkey Breast


Slow roasted lightly seasoned turkey breast.

Stuffed Sole with Crab Meat


Sole fillet stuffed with seasoned breadcrumbs, mushrooms and crab.

Vegetable

Corn on the Cob

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Cornbread Dressing

 Baked Potato

Featured Desserts

Dessert

Brownie a La Mode

Dessert

Spumoni Ice Cream

Guiltless Pleasures

No Sugar Added Bread Pudding

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

Brookdale Nohl Ranch

Friday, April 16, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **Southwestern Breast of Chicken**

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Mandarin Oranges

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



Brookdale Nohl Ranch

Friday, April 16, 2021

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Cranberry Waldorf Salad

Featured Entrees

 **Baked Cod**

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


Swiss Steak


Tender cube steak baked in a delicious tomato brown sauce.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Vegetable

 Grilled Asparagus

 Steamed Cauliflower

Accompaniments

Rice Pilaf

 Baked Potato

Featured Desserts

Dessert

Banana Cream Pie

Dessert

Chocolate Cake with Fudge Frosting

Guiltless Pleasures

Reduced Sugar Banana Cream Pie

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

Brookdale Nohl Ranch
Saturday, April 17, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Baked Sweet Potato

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Nohl Ranch
Saturday, April 17, 2021

Featured Starters

Soup of the Day

Lentil and Sausage Soup

Salad of the Day

Waldorf Salad

Featured Entrees

Shish Kabob

Tender marinated lamb skewered with onions, mushrooms and tomatoes.

Sole Florentine

Fillet of sole baked in a spinach wine sauce.

Chicken Pot Pie

Tender chicken and vegetables in gravy baked with a pastry crust.

Vegetable

Roasted Brussels Sprouts

Roasted Parsnips

Accompaniments

Roasted Red Skin Potatoes

 Baked Potato

Featured Desserts

Dessert

Cheesecake

Dessert

Chocolate Cream Pudding

Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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