

Brookdale South Bay

Sunday, November 28, 2021

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup

**Salad of the Season**

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

**Accompaniment**

Steamed White Rice

**Also Available**

Classic Patty Melt

Item can be prepared as an  Optimum Life Cuisine Option

Cobb Salad

**Seasonal Desserts**

**Ice Cream of the Month**


Coffee Ice Cream

**Cookie of the Month**

Oatmeal Raisin Cookies

**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 South Bay

Sunday, November 28, 2021

**Featured Starters**

**Soup of the Day**

Cream of Cauliflower Soup

**Salad of the Day**

Sliced Radish and Cucumber Plate

**Featured Entrees**

 **Baked Parmesan Chicken**

Tender breast of chicken baked with an herbed parmesan crust.

**BBQ Baby Back Ribs**

Tender pork ribs cooked with a homemade BBQ glaze.

**Lemon Pepper Baked Cod**

Fillet of cod seasoned with lemon juice and ground black pepper.

**Vegetable**


Braised Mushrooms

**Accompaniments**

 Baked Potato

Buttered Green Beans

Boiled Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

**Dessert**

Mocha Cake

**Dessert**

Chocolate Peanut Butter Pie

**Guiltless Pleasures**

Reduced Sugar Chocolate Mousse Layer Cake

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

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

Brookdale South Bay

Monday, November 29, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

Accompaniment

Mashed Potatoes

Also Available

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**

Ice Cream of the Month

Coffee Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

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 South Bay

Monday, November 29, 2021

**Featured Starters**

Soup of the Day

Vegetable Beef Barley Soup

Salad of the Day

Pickled Beets Salad

**Featured Entrees**

**Beef Tips**

Tender beef tips simmered in a mushroom gravy.

 **Grilled Hawaiian Chicken**

Citrus marinated chicken breast grilled and topped with pineapple salsa.

**Blackened Catfish**

Cajun seasoned catfish cooked quickly in butter over high heat.

Vegetable

Brussels Sprout Casserole

 Steamed Cauliflower

Accompaniments

 Baked Potato

Rice Pilaf

**Featured Desserts**

Dessert


Lemon Meringue Pie

Dessert

Almond Berry Bars

Guiltless Pleasures

Reduced Sugar Lemon  
Pudding Parfait

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

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

Brookdale South Bay

Tuesday, November 30, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

Accompaniment

Mashed Potatoes

Also Available

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**

Ice Cream of the Month

Coffee Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Melon Cup

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



Brookdale South Bay

Tuesday, November 30, 2021

**Featured Starters**

Soup of the Day

Creamy Tomato Basil Soup

Salad of the Day

Red Pepper, Mushroom and Olive Plate

**Featured Entrees**

 **Baked Sole**

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

**Eggplant Parmesan**


Breaded eggplant layered with cheese and Italian meat sauce and baked.

**California Chicken**

Chicken breast baked with tomato and cheese, garnished with avocado.

Vegetable

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

Accompaniments

 Baked Potato

Whipped Potatoes

**Featured Desserts**

Dessert

Blueberry Cake

Dessert

Eclair

Guiltless Pleasures

No Sugar Added  
Blueberry Cake

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

Wednesday, December 1, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

Accompaniment

Mashed Potatoes

Also Available

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**


Ice Cream of the Month

Coffee Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

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 South Bay

Wednesday, December 1, 2021

**Featured Starters**

Soup of the Day

Beef Noodle Soup

Salad of the Day

Mixed Green Salad with Lime-Cilantro Dressing

**Featured Entrees**

**Roast Pork with Cherry Almond Glaze**

Seasoned pork loin roasted with a cherry almond glaze.

**Louisiana Basa**

Fillet of basa grilled and served with a fresh tomato sauce.

Item can be prepared as an  Optimum Life Cuisine Option

**Baked Chicken Quarters**

Lightly seasoned oven baked chicken quarters.

Vegetable

Italian Style Zucchini

Italian Style Eggplant

Accompaniments

 Baked Potato

Fried Rice

**Featured Desserts**

Dessert

Mandarin Vanilla Cream Parfait

Dessert

Sweet Potato Pie

Guiltless Pleasures

Reduced Sugar Creamsicle Mousse

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

Brookdale South Bay

Thursday, December 2, 2021

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup

**Salad of the Season**

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

**Accompaniment**

Mashed Potatoes

**Also Available**

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**

**Ice Cream of the Month**

Coffee Ice Cream

**Cookie of the Month**

Oatmeal Raisin Cookies

**Fruit**

 Fresh Fruit Bowl

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



Brookdale South Bay

Thursday, December 2, 2021

**Featured Starters**

**Soup of the Day**

Cream of Tomato Soup

**Salad of the Day**

Arugula and Pear Salad

**Featured Entrees**

 **Rosemary and Garlic Chicken**

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

**Veal Stew**


Veal simmered in a rich broth with potatoes, carrots, celery and onions.

**Beef Stew**


Tender beef and vegetables in this homestyle classic.

**Vegetable**

Orange Glazed Beets

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Bok Choy

Item can be prepared as an  Optimum Life Cuisine Option

**Accompaniments**

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Potatoes

**Featured Desserts**

**Dessert**

Butterscotch Pie

**Dessert**

Lazy Daisy Oatmeal Cake

**Guiltless Pleasures**

Reduced Sugar Vanilla  
Cream Pie

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

Friday, December 3, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

Accompaniment

Mashed Potatoes

Also Available

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**

Ice Cream of the Month

Coffee Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Pears

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



Brookdale South Bay

Friday, December 3, 2021

**Featured Starters**

Soup of the Day

Manhattan Clam Chowder

Salad of the Day

Cauliflower Salad

**Featured Entrees**

**Mousaka**

Layered dish of eggplant, ground beef, tomatoes and white sauce.

 **Baked Tilapia**


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

**Chicken and Dumplings**


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

Vegetable

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

Orzo Pilaf

**Featured Desserts**

Dessert

Apple Brown Betty

Dessert

Turtle Cheesecake

Guiltless Pleasures

Applesauce Spice Bars

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

Saturday, December 4, 2021

**Seasonal Starters**

Soup of the Season

Vegetable Soup

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **San Antonio Chicken**

Baked chicken breast topped with an herbed mushroom tomato sauce.

**Roast Beef Plate**

Tender roast beef served with mashed potatoes and gravy.

 **Italian Baked Cod**

Cod fillet baked in an Italian style tomato and herb sauce.

Accompaniment

Mashed Potatoes

Also Available

Classic Patty Melt

Cobb Salad

**Seasonal Desserts**

Ice Cream of the Month

Coffee Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Pineapple Chunks

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

Saturday, December 4, 2021

**Featured Starters**

Soup of the Day

Potato Chowder

Salad of the Day

Garden Slaw

**Featured Entrees**

**Turkey Piccata**

Sauteed breast of turkey served with a lemon caper sauce.

 **Salisbury Steak**

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

**Grilled Snapper and Mango with Cilantro-Lime Vinaigrette**

Grilled seasoned snapper and mango with cilantro-lime vinaigrette.


Vegetable

 Steamed Corn

Accompaniments

 Baked Potato

Buttered Broccoli

 Steamed Brown Rice

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Pineapple Upside Down  
Cake

Dessert

Pumpkin Pie Bars

Guiltless Pleasures

Reduced Sugar  
Pineapple Upside Down  
Cake

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