Salad of the Day
Greek Salad

Featured Entrees

◇ Chicken with Country Gravy
Tender chicken breast served with a hearty, yet healthful pan gravy.

Veal and Peppers
Tender pieces of veal, mushrooms and bell peppers in a tomato sauce.

◇ Herb Baked Breast of Chicken
Tender breast of chicken baked with a blend of fresh basil and chives.

Hot Dog
Steamed hot dog served with your choice of condiments.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Homestyle Potatoes Buttered Sugar Snap Peas
Item can be prepared as an ◇ Optimum Life Cuisine Option
Boiled Potatoes with Dill Mixed Green Salad with Dressing

Featured Desserts

Dessert Dessert Guiltless Pleasures
Carrot Cake ◇ Fresh Fruit Cup Reduced Sugar Carrot 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 North Raleigh
Monday, May 4, 2020

Salad of the Day
Boston Lettuce Wedges with Blue Cheese

Featured Entrees

Ranch Cube Steak
Breaded tender beef, pan fried and served with a zesty ranch sauce.

Sole Florentine
Fillet of sole baked in a spinach wine sauce.

Herb Baked Breast of Chicken
Tender breast of chicken baked with a blend of fresh basil and chives.

Hot Dog
Steamed hot dog served with your choice of condiments.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Garden Barley Pilaf
Almondine Style Broccoli

Orzo Pilaf
Steamed Succotash

Featured Desserts

Dessert
Pear Cobbler
Chilled Peaches

Dessert
Chilled Peaches

Guiltless Pleasures
No Sugar Added Pear Crumble

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 North Raleigh**
Tuesday, May 5, 2020

**Salad of the Day**
Baby Spinach and Beets Salad

**Featured Entrees**

- **Chicken Cacciatore**
  Chicken quarters braised in tomato sauce with mushrooms and peppers.

- **Ginger Beef**
  Beef stir fried in a ginger soy sauce.

- **Herb Baked Breast of Chicken**
  Tender breast of chicken baked with a blend of fresh basil and chives.

**Hot Dog**
Steamed hot dog served with your choice of condiments.

**Hamburger**
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Accompaniments**

- Buttered Parsleyed Egg Noodles
- Baked Cauliflower
- Stir Fried Barley
- Almondine Style Cauliflower

**Featured Desserts**

- **Lemon Meringue Pie**
- **Fresh Fruit Bowl**
- Reduced Sugar Lemon Pie

**Guiltless Pleasures**

- **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 North Raleigh**
Wednesday, May 6, 2020

**Salad of the Day**
Marinated Artichoke Salad

**Featured Entrees**

*Pork Roast with Sauerkraut*
Tender seasoned pork roast served with sauerkraut.

*Southern Style Fried Catfish*
Cornmeal breaded fillet of catfish flash fried to golden brown.

*Herb Baked Breast of Chicken*
Tender breast of chicken baked with a blend of fresh basil and chives.

*Hot Dog*
Steamed hot dog served with your choice of condiments.

*Hamburger*
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Accompaniments**

- Baked Sweet Potato
- Steamed Carrots and Celery with Onions
- Hush Puppies
- Braised Collard Greens

**Featured Desserts**

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<th>Dessert</th>
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<th>Guiltless Pleasures</th>
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<tbody>
<tr>
<td>Apricot Bars</td>
<td>Mixed Melons</td>
<td>Sugar Free Oatmeal</td>
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<td>Cookie</td>
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*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 North Raleigh**
Thursday, May 7, 2020

**Salad of the Day**
Tomato, Avocado and Onion Salad

**Featured Entrees**

- **Chicken Coq Au Vin**
  French stew of chicken thighs, mushrooms, bacon and pearl onions.

- **Breaded Veal Cutlet**
  Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

- **Herb Baked Breast of Chicken**
  Tender breast of chicken baked with a blend of fresh basil and chives.

**Hot Dog**
Steamed hot dog served with your choice of condiments.

**Hamburger**
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Accompaniments**

- Rice Pilaf
- Sauteed Corn
- Whipped Potatoes
- Steamed Asparagus

Item can be prepared as an Optimum Life Cuisine Option

**Featured Desserts**

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<th>Dessert</th>
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<th>Guiltless Pleasures</th>
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<tbody>
<tr>
<td>Frosted German Chocolate Cake</td>
<td>Fresh Pineapple Cubes</td>
<td>Reduced Sugar German Chocolate Cake</td>
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We invite you to share your comments with your Dining Leaders.
Main Meal

Brookdale North Raleigh
Friday, May 8, 2020

Salad of the Day
Tossed Green Salad

Featured Entrees

Beef Burgundy
Lean beef with mushrooms, carrots and onions in a wine sauce.

Roast Turkey Breast
Slow roasted lightly seasoned turkey breast.

Herb Baked Breast of Chicken
Tender breast of chicken baked with a blend of fresh basil and chives.

Hot Dog
Steamed hot dog served with your choice of condiments.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Risotto a la Pecorino
Broccoli and Cheese

Homestyle Bread Stuffing
Steamed Green Beans

Featured Desserts

Dessert          Dessert          Guiltless Pleasures
Cherry Pie       Fresh Fruit Cup  No Sugar Added Cherry Pie

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

Brookdale North Raleigh
Saturday, May 9, 2020

Salad of the Day
Fennel Slaw

Featured Entrees

Almond and Lemon Crusted Fish
Fillet of fish encrusted with almonds and served with a garlic-lemon sauce.

Braised Beef Brisket
Beef brisket braised until tender.

Herb Baked Breast of Chicken
Tender breast of chicken baked with a blend of fresh basil and chives.

Hot Dog
Steamed hot dog served with your choice of condiments.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Whipped Potatoes  Buttered California Mix

Item can be prepared as an Optimum Life Cuisine Option

Baked Sweet Potato  Steamed Cabbage

Featured Desserts

Dessert  Dessert  Guiltless Pleasures

Classic Pineapple  Chilled Pears  Reduced Sugar
Upside Down Cake  Pineapple Upside Down Cake

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