Main Meal

Brookdale North Raleigh
Sunday, May 3, 2020

**Seasonal Starters**

Soup of the Season  
Chicken Gumbo Soup

Salad of the Season  
Tossed Garden Salad

**Seasonal Entrees**

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**

- Pan Roasted Potatoes
- Mushroom Swiss Cheeseburger
- Pecan Crusted Tilapia

**Also Available**

- Buttered Sugar Snap Peas
- Homestyle Potatoes
- Mixed Green Salad with Dressing
- Boiled Potatoes with Dill

**Seasonal Desserts**

Ice Cream of the Month  
Vanilla Ice Cream

Cookie of the Month  
Almond Sandies

Fruit  
Fresh Fruit Cup

**Featured Starters**

Soup of the Day  
Creamy Onion Soup

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.

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

**Featured Desserts**

Dessert  
Carrot Cake

Mandarin Vanilla Cream Parfait  
Reduced Sugar Carrot Cake

**Dessert**  
Mandarin Vanilla Cream Parfait  
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.
Brookdale North Raleigh  
Monday, May 4, 2020

**Main Meal**

**Seasonal Starters**

Soup of the Season  
Chicken Gumbo Soup

Salad of the Season  
Tossed Garden Salad

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**Seasonal Entrees**

- **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.

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**Accompaniment**

- Navy Beans

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**Also Available**

- Mushroom Swiss Cheeseburger

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**Seasonal Desserts**

Ice Cream of the Month  
Vanilla Ice Cream

Cookie of the Month  
Almond Sandies

Fruit  
chéilled Peaches

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**Featured Starters**

Soup of the Day  
Chicken Corn Soup

Salad of the Day  
Boston Lettuce Wedges with Blue Cheese

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**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.

- **Vegetable Lasagna with Alfredo Sauce**
  Creamy vegetable lasagna with alfredo sauce.

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**Accompaniments**

- Almondine Style Broccoli

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**Also Available**

- Garden Barley Pilaf

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**Featured Desserts**

Dessert  
Pear Cobbler

Dessert  
Chewy Granola Cookie

Guiltless Pleasures  
No Sugar Added Pear Crumble

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**Main Meal**

**Brookdale North Raleigh**  
Tuesday, May 5, 2020

**Seasonal Starters**
- Soup of the Season
  - Chicken Gumbo Soup
- Salad of the Season
  - Tossed Garden Salad

**Seasonal Entrees**
- 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.

**Accompaniment**  
- Pineapple Fried Rice
- Mushroom Swiss Cheeseburger
- Pecan Crusted Tilapia

**Also Available**  
- Mushroom Swiss Cheeseburger

**Seasonal Desserts**
- Ice Cream of the Month
  - Vanilla Ice Cream
- Cookie of the Month
  - Almond Sandies
- Fruit
  - Fresh Fruit Bowl

**Featured Starters**
- Soup of the Day
  - Lentil Soup
- 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.
- Swedish Meatballs
  - Tender meatballs of pork and beef in a savory cream sauce.

**Featured Desserts**
- Dessert
  - Lemon Meringue Pie
- Blueberry Streusel Cake
- Guiltless Pleasures
  - Reduced Sugar Lemon Pie

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Main Meal

Brookdale North Raleigh
Wednesday, May 6, 2020

Seasonal Starters

Soup of the Season
Chicken Gumbo Soup

Salad of the Season
Tossed Garden Salad

Seasonal Entrees

🧄 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.

Accompaniment

🌿 Whole Wheat Pasta

Mushroom Swiss Cheeseburger

Pecan Crusted Tilapia

Also Available

Seasonal Desserts

Ice Cream of the Month
Vanilla Ice Cream

Cookie of the Month
Almond Sandies

Fruit
🌿 Mixed Melons

Featured Starters

Soup of the Day
Turkey Noodle Soup

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.
Item can be prepared as an 🌾 Optimum Life Cuisine Option

 الطل \* Baked Trout
Oven baked trout fillet sprinkled with lemon juice.

Accompaniments

🌿 Steamed Carrots and Celery with Onions

🌿 Baked Sweet Potato

Braised Collard Greens

Hush Puppies

Item can be prepared as an 🌾 Optimum Life Cuisine Option

Featured Desserts

Dessert
Apricot Bars

Dessert
French Vanilla Mousse

Guiltless Pleasures
Sugar Free Oatmeal Cookie

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

Brookdale North Raleigh
Thursday, May 7, 2020

Seasonal Starters
Soup of the Season
Chicken Gumbo Soup

Salad of the Season
Tossed Garden Salad

Featured Starters
Soup of the Day
Mushroom Barley Soup

Salad of the Day
Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

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.

Shrimp Stir Fry
Stir fried shrimp and vegetables in a garlic soy sauce.

Accompaniments

Vegetable
Sauteed Corn

Accompaniments

Whipped Potatoes

Also Available

Oven Parmesan Chips
Mushroom Swiss Cheeseburger

Also Available

Pecan Crusted Tilapia

Also Available

Steamed Asparagus

Seasonal Desserts

Ice Cream of the Month
Vanilla Ice Cream

Cookie of the Month
Almond Sandies

Fruit
Fresh Pineapple Cubes

Featured Desserts

Dessert
Frosted German Chocolate Cake

Dessert
Ricotta Cheesecake

Guiltless Pleasures
Reduced Sugar German Chocolate Cake

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

Brookdale North Raleigh  
Friday, May 8, 2020

**Seasonal Starters**

- **Soup of the Season**
  - Chicken Gumbo Soup

- **Salad of the Season**
  - Tossed Garden Salad

**Seasonal Entrees**

- **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.

**Accompaniment**

- Rissole Potatoes
- Mushroom Swiss Cheeseburger
- Pecan Crusted Tilapia

**Also Available**

- Mushroom Swiss Cheeseburger
- Pecan Crusted Tilapia

**Seasonal Desserts**

- **Ice Cream of the Month**
  - Vanilla Ice Cream

- **Cookie of the Month**
  - Almond Sandies

- **Fruit**
  - Fresh Fruit Cup

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

Brookdale North Raleigh  
Friday, May 8, 2020

**Featured Starters**

- **Soup of the Day**
  - Minestrone Soup

- **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.

- **Broiled Salmon**
  - Salmon fillet lightly seasoned and then broiled.

**Vegetable**

- Broccoli and Cheese
- Steamed Green Beans

**Accompaniments**

- Risotto a la Pecorino
- Homestyle Bread Stuffing

**Seasonal Desserts**

- **Dessert**
  - Cherry Pie

- **Dessert**
  - Buttermilk Cake

- **Guiltless Pleasures**
  - No Sugar Added Cherry Pie

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### Main Meal

**Brookdale North Raleigh**  
Saturday, May 9, 2020

#### Seasonal Starters
- **Soup of the Season**
  - Chicken Gumbo Soup
- **Salad of the Season**
  - Tossed Garden Salad

#### Seasonal Entrees
- **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.

#### Accompaniment
- Grilled Garlic and Cheese Potatoes
- Mushroom Swiss Cheeseburger
- Pecan Crusted Tilapia

#### Also Available
- Buttered California Mix
- Steamed Cabbage
- Baked Sweet Potato

#### Seasonal Desserts
- **Ice Cream of the Month**
  - Vanilla Ice Cream
- **Cookie of the Month**
  - Almond Sandies
- **Fruit**
  - Chilled Pears

#### Featured Starters
- **Soup of the Day**
  - Cheeseburger Chowder
- **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.
- **Turkey Thigh Roast**
  - Tender and juicy turkey thigh lightly seasoned and slow roasted.

#### Vegetable
- Buttered California Mix

#### Accompaniments
- Whipped Potatoes
- Steamed Cabbage

#### Featured Desserts
- **Dessert**
  - Classic Pineapple Upside Down Cake
- **Guiltless Pleasures**
  - Reduced Sugar Pineapple Upside Down Cake

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