

Main Meal

Brookdale Creve Coeur  
Sunday, October 18, 2020

## Salad of the Day

Spinach, Bacon and Swiss Cheese Salad

## Featured Entrees

### Sautéed Mediterranean Chicken

Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

### Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

### Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

### Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

### Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## Accompaniments

Couscous

Lyonnise Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

### Dessert

### Guiltless Pleasures

Peach Layer Cake

 Fresh Fall Fruit Cup

Reduced Sugar Peach  
Mousse 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 Creve Coeur  
Monday, October 19, 2020

## **Salad of the Day**

Mini Caesar Salad

## **Featured Entrees**

### **Braised Beef**

Tender beef simmered in a red wine sauce with vegetables.

### **Turkey Breast with Orange Glaze**

Tender turkey breast simmered in a light orange sauce with prunes.

### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## **Accompaniments**

 Pan Roasted Potatoes

Braised Kale

Barley Pilaf

Roasted Carrots and Parsnips with Herbs

## **Featured Desserts**

### **Dessert**

Buttermilk Pie

### **Dessert**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Vanilla Cream Pie

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Main Meal

Brookdale Creve Coeur  
Tuesday, October 20, 2020

## **Salad of the Day**

Tangy Three Bean Salad

## **Featured Entrees**

### **Basa Baked in White Wine**

Fillet of basa baked with white wine and served with fresh lemon.

### **Chicken Fried Steak with Gravy**

Hand breaded cube steak fried golden brown and served with chicken gravy.

### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## **Accompaniments**

Sweet Potato Hash

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

 Steamed Broccoli

## **Featured Desserts**

### **Dessert**

Banana Cream Cake

### **Dessert**

 Fresh Melon Cup

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana Layer  
Cake

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Main Meal

Brookdale Creve Coeur  
Wednesday, October 21, 2020

## **Salad of the Day**

Mixed Greens Mediterranean Salad

## **Featured Entrees**

### **Smothered Pork Chop with Peppers**

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## **Accompaniments**

Cornbread Stuffing

 Steamed Chef's Vegetables

Steak Fries

Collard Greens and Bacon

## **Featured Desserts**

### **Dessert**

Mocha Almond Fudge  
Ice Cream

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

No Sugar Added  
Chocolate Ice Cream

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Main Meal

Brookdale Creve Coeur  
Thursday, October 22, 2020

## **Salad of the Day**

Roasted Pepper Salad

## **Featured Entrees**

### **Oven Roasted Chicken**

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

### **Navy Beans and Smoked Sausage**

Seasoned navy beans simmered with smoked sausage.

### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## **Accompaniments**

Pasta with Vegetables

Roasted Brussels Sprouts

Boiled Parslied Potatoes

 Steamed Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Strawberry Pie

### **Dessert**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Strawberry Cream Pie


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Main Meal

Brookdale Creve Coeur  
Friday, October 23, 2020

## **Salad of the Day**

 Marinated Cucumber, Tomato and Onion Salad

## **Featured Entrees**

### **Yankee Pot Roast**

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

### **Breaded Flounder Fillets**

Cornmeal breaded flounder fillet baked to perfection.

### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## **Accompaniments**

 Baked Potato

Lemon Butter Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Potato Onion Supreme

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

S'mores Brownies

### **Dessert**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Creve Coeur  
Saturday, October 24, 2020

## Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

**Salisbury Steak**

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

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

**Hot Pork Sandwich**

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

## Accompaniments

Steamed Rice with Dill

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

Roasted Cauliflower

## Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Cream Cheese Pound  
Cake

 Fresh Fruit Cup

No Sugar Added Pound  
Cake

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