

Main Meal

Brookdale Winston-Salem
Sunday, September 19, 2021

Starters

Tomato and Cucumber Plate

Featured Entrees

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Homestyle Bread Stuffing

 Steamed Chef's Vegetables

Featured Desserts

Dessert

Strawberry Cake

Dessert

 Fresh Assorted Melons

Guiltless Pleasures

Applesauce Spice Bars

 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 Winston-Salem
Monday, September 20, 2021

Starters

Chickpea Salad

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Boiled Potatoes

Roasted Cauliflower

Featured Desserts

Dessert

Ice Cream of the Day

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Winston-Salem

Tuesday, September 21, 2021

Starters

Cucumber and Onion Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.


Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Macaroni and Cheese

Lemon Butter Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mini Banana Cream Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Winston-Salem
Wednesday, September 22, 2021

Starters

Tangy Three Bean Salad

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.


Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Candied Yams

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Banana Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Banana
Pudding

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Main Meal

Brookdale Winston-Salem
Thursday, September 23, 2021

Starters

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Baked Beans

Potato Salad

Featured Desserts

Dessert

Chocolate Cake

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Frosted
Chocolate Cake

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Main Meal

Brookdale Winston-Salem
Friday, September 24, 2021

Starters

Broccoli, Bacon and Onion Salad

Featured Entrees

 **Swiss Steak with Tomatoes**

Tender, lean cube steak oven baked with onions and tomatoes.

 **Broiled Whitefish**

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Garlic Mashed Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Pie

 Mandarin Oranges

No Sugar Added Apple
Pie

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Main Meal

Brookdale Winston-Salem
Saturday, September 25, 2021

Starters

Cucumber and Onion in Sour Cream Salad

Featured Entrees

English Pub Cod

Tavern battered cod flash fried to a golden brown.

Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Classic French Fries

Classic Coleslaw

Featured Desserts

Dessert

Gelatin Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Gelatin Cake

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