

Main Meal

Brookdale W. Arlington Boulevard

Sunday, September 1, 2024

## **Starters**

Tossed Green Salad

## **Featured Entrees**

**Chicken Fried Steak with Gravy**

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

### **- Always Available -**

 **Rosemary and Garlic Chicken**

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

Oven Brown Potatoes

Roasted Brussels Sprouts

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Mixed Melons

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

 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 W. Arlington Boulevard

Monday, September 2, 2024

## **Starters**

Chickpea Salad

## **Featured Entrees**

**Turkey Breast with Orange Glaze**

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

### **- Always Available -**

 **Rosemary and Garlic Chicken**

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

Wild Rice Blend

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Orange Creamsicle  
Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

Reduced Sugar Orange  
Dreamsicle Cake

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## Main Meal

Brookdale W. Arlington Boulevard

Tuesday, September 3, 2024

## Starters

Bacon, Egg, and Brussels Sprouts Salad

## Featured Entrees

 Veal Piccata

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

### - Always Available -

 Rosemary and Garlic Chicken

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Chef's Vegetables

## Desserts

### Feature

Cookies and Cream Ice  
Cream

### Fruit

 Chilled Pears

### Guiltless Pleasures

No Sugar Added  
Chocolate Ice Cream

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Main Meal

Brookdale W. Arlington Boulevard

Wednesday, September 4, 2024

## **Starters**

Vegetable Salad with Sesame Dressing

## **Featured Entrees**

 Baked Herbed Catfish

Seasoned catfish fillet topped with lemon garlic butter and baked.

**- Always Available -**

 Rosemary and Garlic Chicken

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

 Stir Fried Barley

 Steamed Peas and Pearl Onions

## **Desserts**

**Feature**

Butterscotch Pie

**Fruit**

 Fresh Berry Cup

**Guiltless Pleasures**

Reduced Sugar Custard  
Pie

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Main Meal

Brookdale W. Arlington Boulevard

Thursday, September 5, 2024

## **Starters**

Boston Lettuce Salad with Creamy Orange Shallot Dressing

## **Featured Entrees**

### **Tri-Tip Beef Roast**

Garlic marinated beef served with pan grilled tomatoes and onions.

### **- Always Available -**

### **Rosemary and Garlic Chicken**

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

### **Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

### **Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

Herbed Potatoes

### **Sauteed Spinach**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Vanilla Cream Pudding

### **Fruit**

 Pineapple Chunks

### **Guiltless Pleasures**

Reduced Sugar Vanilla  
Pudding

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Main Meal

Brookdale W. Arlington Boulevard

Friday, September 6, 2024

## **Starters**

Pickled Beets Salad

## **Featured Entrees**

 **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

**- Always Available -**

 **Rosemary and Garlic Chicken**

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

 Baked Sweet Potato

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Strawberry Angel Cake

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

Reduced Sugar  
Strawberry Cake

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Main Meal

Brookdale W. Arlington Boulevard

Saturday, September 7, 2024

## **Starters**

Mixed Green Salad with Dressing

## **Featured Entrees**

**Roast Pork Loin**

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

**- Always Available -**

 **Rosemary and Garlic Chicken**

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

**Brats with Beer and Onions**

Bratwurst simmered in beer then grilled.

**Southern Style Fried Basa**

Cornmeal breaded fillet of basa flash fried to golden brown.

## **Accompaniments**

Classic Lyonnaise Potatoes

**Braised Collard Greens**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Chocolate Cream Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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