

Main Meal

Brookdale Deer Creek MC
Sunday, September 19, 2021

Starters

Tomato and Cucumber Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Garlic Whipped Potatoes

 Steamed Chef's Vegetables

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Strawberry Shortcake  Fresh Assorted Melons 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 Deer Creek MC
Monday, September 20, 2021

Starters

Fresh Vegetable Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Boiled Potatoes

Roasted Fresh Green Beans

Featured Desserts

Dessert

Chocolate Chip Ice
Cream

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Deer Creek MC
Tuesday, September 21, 2021

Starters

Marinated Vegetable Salad

Featured Entrees

Apple Glazed Chicken

Bone in chicken baked with an apple cinnamon glaze.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.


Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Macaroni and Cheese

Sauteed Spring Mix

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mini Vanilla Cream Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Deer Creek MC
Wednesday, September 22, 2021

Starters

Lettuce and Herb Salad

Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Hash Brown Potatoes

Glazed Winter Mix

Featured Desserts

Dessert

Homemade Bread
Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale Deer Creek MC
Thursday, September 23, 2021

Starters

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Potatoes Roasted with Garlic

Creamed Green Peas

Featured Desserts

Dessert

Chocolate Layer Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Deer Creek MC
Friday, September 24, 2021

Starters

Chopped Salad

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Homestyle Potatoes

 Steamed Carrots

Featured Desserts

Dessert

Cherry Cobbler

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale Deer Creek MC
Saturday, September 25, 2021

Starters

Mixed Greens Mediterranean Salad

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Two Cheese and Tomato Sandwich

Grilled cheddar and provolone cheese with tomato on white bread.

Accompaniments

Sweet Potato Casserole

Sauteed Vegetable Blend

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Pound Cake

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