

Main Meal

Brookdale Fort Myers Lakes Park

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 -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

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 -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

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 -

 Grilled Breast of Chicken with Dijon Mustard Sauce

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

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 -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown


Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

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 -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

Friday, September 6, 2024

Starters

Pickled Beets Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

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

- Always Available -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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 Fort Myers Lakes Park

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 -

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Seafood Salad Tomato Crown

Fresh tomato crown stuffed with homemade crab salad.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

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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