

Main Meal

Brookdale Heritage Plaza

Sunday, May 19, 2019

Salad of the Day

Spinach Salad with Strawberries

Featured Entrees

Turkey Breast with Orange Glaze

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

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Classic Duchess Potatoes

Red Cabbage with Apple

Parslied Buttered Noodles

Sauteed Spring Greens with Bacon
and Mustard Seeds

Featured Desserts

Dessert

Pecan Pie

Dessert

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Apple
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 Heritage Plaza

Monday, May 20, 2019

Salad of the Day

Kidney Bean Corn Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

 **Bistro Steak Sandwich with Horseradish Spread**

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

O'Brien Potatoes

Caramelized Carrots

 Spanish Rice

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mint Brownie

 Chilled Pears

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Heritage Plaza

Tuesday, May 21, 2019

Salad of the Day

Waldorf Salad

Featured Entrees

Herb Roasted Chicken

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Garden Barley Pilaf

Glazed Beets

Classic Lyonnaise Potatoes

 Steamed Chef's Mixed Vegetables

Featured Desserts

Dessert

Blueberry Cake

Dessert

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar
Strawberry Cake

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Main Meal

Brookdale Heritage Plaza
Wednesday, May 22, 2019

Salad of the Day

Carrots and Snap Peas Plate

Featured Entrees

Cacciatore Braised Beef

Tender beef braised in tomato sauce with mushrooms, onions & peppers.

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.


Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Pasta of the Day

 Steamed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Sweet Potato

Roasted Brussels Sprouts

Featured Desserts

Dessert

Coconut Custard Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Mini Reduced Sugar
Coconut Cream Pie

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Main Meal

Brookdale Heritage Plaza

Thursday, May 23, 2019

Salad of the Day

Chopped Salad

Featured Entrees

Cornmeal Fried Catfish

Catfish fillet in a buttermilk cornmeal breading fried until golden brown.

Salisbury Steak

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

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Red Beans and Rice

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Fingerling Potatoes with Fresh Herbs

Braised Mushrooms

Featured Desserts

Dessert

Pound Cake with
Mandarin Oranges

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Heritage Plaza

Friday, May 24, 2019

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Spinach and Mint-Basil Pesto-Stuffed Pork Loin

Tender pork stuffed with spinach, feta cheese and pesto.

Chicken Romano

Seared chicken breast with a Romano cheese crust and mushrooms.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Couscous

 Steamed Asparagus

Fettuccini Alfredo

Italian Style Green Beans

Featured Desserts

Dessert

Rocky Road Ice Cream

Dessert

 Fresh Watermelon

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Heritage Plaza

Saturday, May 25, 2019

Salad of the Day

Fennel Slaw

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

Pork Chop with Peach Salsa

Tender boneless pork chop grilled and served with zesty peach salsa.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Bacon Mashed Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Black Beans

 Steamed Corn

Featured Desserts

Dessert

Cherry Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Cherry Pie

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