

Main Meal

Brookdale McMinnville Town Center

Sunday, September 19, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Turkey a La King**

Tender pieces of turkey in a creamy mushroom and bell pepper sauce.

### **Baked Ham**

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Cranberry Rice Pilaf

 Steamed Chef's Vegetables

Buttered Noodles

Baked Cauliflower

## **Featured Desserts**

### **Dessert**

Gelatin Cake

### **Dessert**

Tropical Fruit Cup

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Pudding

 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 McMinnville Town Center

Monday, September 20, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Beef Stew**

Tender beef and vegetables in this homestyle classic.

### **Rosemary and Garlic Chicken**

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

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Grilled Cheese Sandwich**


American cheese on white bread grilled to a golden brown.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Boiled Potatoes

 Steamed Green Peas

White Rice

 Steamed Parsnip

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Ice Cream of the Day

 Fresh Fruit Bowl

Baked Pears

 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 McMinnville Town Center

Tuesday, September 21, 2021

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Baked Cod**

Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

**Salisbury Steak**

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

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.


**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

**Accompaniments**

Lemon Rice

Stewed Tomatoes

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Smothered Cabbage

**Featured Desserts**

**Dessert**

Peach Cobbler

**Dessert**

Tropical Fruit Cup

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

 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 McMinnville Town Center

Wednesday, September 22, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Braised Pork Chop with Gravy**

Braised boneless pork chop served with a savory pan gravy.

### **Baked Tilapia with Pineapple Salsa**

Tilapia fillet served with a chilled bell pepper, onion and pineapple salsa.

Item can be prepared as an  Optimum Life Cuisine Option

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Homestyle Bread Stuffing

Glazed Butternut Squash

Cheddar Grits

 Steamed Broccoli

## **Featured Desserts**

### **Dessert**

Tapioca Pudding

### **Dessert**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar Vanilla  
Pudding

 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 McMinnville Town Center

Thursday, September 23, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Orange Chicken**

Fried chicken thighs coated in a tangy orange glaze.

### **Labor Day Hot Dog**

Steamed hot dog on a bun served with your choice of toppings.

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Jasmine Rice

Roasted Beets

Tater Tots

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Banana Cream Cake

### **Dessert**

Tropical Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Lemon  
Italian Ice

 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 McMinnville Town Center

Friday, September 24, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Labor Day Hamburger**

Grilled all beef patty served on a bun with fresh lettuce, tomato and onion.

### **Crab Cake**

A fried cake of crabmeat, bread crumbs, onion and chiles.

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

French Fried Potatoes

Creamed Spinach

Baked Beans

Roasted Brussels Sprouts

## **Featured Desserts**

### **Dessert**

Blueberry Cobbler

### **Dessert**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

 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 McMinnville Town Center

Saturday, September 25, 2021

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

 **Grilled Salmon**

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

**California Garlic Pot Roast**

Tender beef pot roast braised in an aromatic broth.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

White Rice

Sauteed Vegetable Blend

Loaded Baked Potato

Braised Lima Beans

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Buttermilk Cake

Tropical Fruit Cup

Reduced Sugar  
Chocolate Pudding

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
We invite you to share your comments with your Dining Leaders.

