

Main Meal

Brookdale Olympia West
Sunday, September 19, 2021

Starters

Italian Salad

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy
Classic roasted turkey served with herb stuffing and turkey gravy.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Baked Cod**

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Homestyle Bread Stuffing


 Steamed Green Beans

Featured Desserts

Dessert

Rum Cake

Dessert

 Fresh Assorted Melons Applesauce Spice Bars

Guiltless Pleasures

 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 Olympia West
Monday, September 20, 2021

Starters

Garden Slaw

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Baked Chicken

Lightly seasoned oven baked chicken breast.

Baked Cod

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Boiled Potatoes

 Steamed Corn

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 Olympia West

Tuesday, September 21, 2021

Starters

 Cucumber Salad

Featured Entrees

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Baked Cod**

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Winter Mix

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Crumb Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Olympia West
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.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Baked Cod**

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Mashed Potatoes

 **Steamed California Mix**

Featured Desserts

Dessert

Tapioca Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale Olympia West
Thursday, September 23, 2021

Starters

Tomato Parmesan Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Baked Chicken

Lightly seasoned oven baked chicken breast.

Baked Cod

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Potatoes Roasted with Garlic

Cream Style Corn

Featured Desserts

Dessert

Chocolate Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Olympia West
Friday, September 24, 2021

Starters

Chopped Salad

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

 Baked Chicken

Lightly seasoned oven baked chicken breast.

 Baked Cod

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Tater Tots

 Steamed Broccoli

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mini Vanilla Cream Pie

 Mandarin Oranges

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale Olympia West
Saturday, September 25, 2021

Starters

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

Baked Ham

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

Baked Chicken

Lightly seasoned oven baked chicken breast.

Baked Cod

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Sweet Potato Hash

Sauteed Vegetable Blend

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Pound Cake

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