

Main Meal

Brookdale Silver Lake
Sunday, September 19, 2021

Starters

Sweet Slaw

Featured Entrees

Turkey Breast with Orange Glaze

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

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Homestyle Bread Stuffing

 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 Silver Lake
Monday, September 20, 2021

Starters

Fresh Spinach Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Boiled Potatoes

Roasted Cauliflower

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 Silver Lake

Tuesday, September 21, 2021

Starters

Marinated Vegetable Salad

Featured Entrees

 **Baked Pollock**

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

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Macaroni and Cheese

Ratatouille

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Southern Pecan Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Silver Lake

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.

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Egg Noodles

Glazed Butternut Squash

Featured Desserts

Dessert

Homemade Bread
Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale Silver Lake
Thursday, September 23, 2021

Starters

Old Fashioned Kidney Bean Salad

Featured Entrees

Chicken Schnitzel

Breaded chicken breast sautéed and served with lemon caper sauce.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Potatoes Roasted with Garlic

Braised Cabbage

Featured Desserts

Dessert

Chocolate Mousse
Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Silver Lake
Friday, September 24, 2021

Starters

Chopped Salad

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Homestyle Potatoes

 Steamed Spinach

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale Silver Lake
Saturday, September 25, 2021

Starters

Pickled Beets Salad

Featured Entrees

 Grilled Salmon

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

 Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Lemon Couscous

Sauteed Vegetable Blend

Featured Desserts

Dessert

Tres Leches Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Pound Cake

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