

Brookdale Boise Parkcenter IL

Sunday, January 17, 2021

**Seasonal Starters**

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

**Seasonal Entrees**

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

**Dijon Crusted Sole**

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniment

Warm Potato Salad

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

**Seasonal Desserts**

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fall Fruit Cup

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



Brookdale Boise Parkcenter IL

Sunday, January 17, 2021

**Featured Starters**

Soup of the Day

Cream of Chicken Soup

Salad of the Day

Cranberry Cabbage Salad

**Featured Entrees**

 **Grilled Salmon**

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


**Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

**Barbecue Beef Ribs**

Moist and tender, slow roasted beef ribs cooked in barbecue sauce.

Vegetable

 Steamed Chef's Vegetables

Creamed Spinach

Accompaniments

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Navy Beans

**Featured Desserts**

Dessert

Pineapple Upside Down  
Cake

Dessert

Blueberry Crisp

Guiltless Pleasures

Reduced Sugar  
Pineapple Upside Down  
Cake

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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## Main Meal

### Brookdale Boise Parkcenter IL

Monday, January 18, 2021

## Seasonal Starters

### Soup of the Season

Old Fashioned Chicken Noodle Soup

### Salad of the Season

Pickled Beets Salad

## Seasonal Entrees

### Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

### Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

### Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

### Accompaniment

Barley Risotto

### Also Available

Dijon Crusted Sole

Bacon Cheeseburger

## Seasonal Desserts

### Ice Cream of the Month

Butter Pecan Ice Cream

### Cookie of the Month

M & M Cookies

### Fruit

 Chilled Peaches

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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### Brookdale Boise Parkcenter IL

Monday, January 18, 2021

## Featured Starters

### Soup of the Day

Green Split Pea Soup

### Salad of the Day

Tossed Green Salad

## Featured Entrees

### Braised Beef Provencale

Tender, slow cooked beef and vegetables served in a red wine sauce.

### Roast Turkey

Perfectly seasoned slow roasted turkey.

### Herb Encrusted Cod

Cod fillet coated with a Dijon herb crust and lightly sauteed.

### Vegetable

 Steamed Brussels Sprouts

### Accompaniments

Herbed Potatoes

Glazed Acorn Squash

Sweet Potato Casserole

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

Chocolate Meringue Pie

### Dessert

Banana Tapioca

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie

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Brookdale Boise Parkcenter IL

Tuesday, January 19, 2021

**Seasonal Starters**

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

**Seasonal Entrees**

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

**Dijon Crusted Sole**

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniment

Homestyle Potatoes

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

**Seasonal Desserts**

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Melon Cup

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Brookdale Boise Parkcenter IL

Tuesday, January 19, 2021

**Featured Starters**

Soup of the Day

Butternut Squash and Apple Soup

Salad of the Day

Classic Pea Salad

**Featured Entrees**

**Seared Chicken Breasts with Lemon Pan Sauce**

Boneless chicken breast pan seared and served with lemon sauce.

**Savory Swiss Steak**


Classic round steak cooked in a rich tomato sauce.

**Baked Kielbasa**

Slices of kielbasa oven baked to perfection.

Vegetable

Roasted Green Beans and Red Peppers

 Steamed Corn

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Garlic and Chive Mashed Potatoes

**Featured Desserts**

Dessert

Mocha Cake

Dessert

Old Fashioned Oatmeal  
Pie

Guiltless Pleasures

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Brookdale Boise Parkcenter IL

Wednesday, January 20, 2021

## Seasonal Starters

### Soup of the Season

Old Fashioned Chicken Noodle Soup

### Salad of the Season

Pickled Beets Salad

## Seasonal Entrees

### Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

### Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

### Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

### Accompaniment

Macaroni and Cheese

### Also Available

Dijon Crusted Sole

Bacon Cheeseburger

## Seasonal Desserts

### Ice Cream of the Month

Butter Pecan Ice Cream

### Cookie of the Month

M & M Cookies

### Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Boise Parkcenter IL

Wednesday, January 20, 2021

## Featured Starters

### Soup of the Day

Lentil and Sausage Soup

### Salad of the Day

Baby Carrots with Dip

## Featured Entrees

### Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

### Basa Baked in White Wine

Fillet of basa baked with white wine and served with fresh lemon.

### Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

### Vegetable

 Steamed Broccoli

### Accompaniments

Hash Brown Potatoes

Stewed Tomatoes

Couscous

## Featured Desserts

### Dessert

Pear Tart

### Dessert

Rocky Road Ice Cream

### Guiltless Pleasures

Baked Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Boise Parkcenter IL

Thursday, January 21, 2021

**Seasonal Starters**

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

**Seasonal Entrees**

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

**Dijon Crusted Sole**

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniment

Classic French Fries

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

**Seasonal Desserts**

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Boise Parkcenter IL

Thursday, January 21, 2021

**Featured Starters**

Soup of the Day

Corn Chowder

Salad of the Day

Sliced Radish and Cucumber Plate

**Featured Entrees**

**Spinach Stuffed Chicken**

Chicken breast rolled with a spinach blend served with apricot sauce.

**Veal Stew**

Veal simmered in a rich broth with potatoes, carrots, celery and onions.

**Fried Shrimp**

Breaded shrimp flash fried until light golden brown.

Vegetable

 Steamed Butternut Squash

Roasted Parsnips

Accompaniments

Wild Rice Blend

Potato Wedges

**Featured Desserts**

Dessert

Peach Crumb Pie

Dessert

Key Lime Mousse

Guiltless Pleasures

Reduced Sugar Peach Mousse Cake

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Brookdale Boise Parkcenter IL

Friday, January 22, 2021

**Seasonal Starters**

Soup of the Season

Old Fashioned Chicken Noodle Soup

Salad of the Season

Pickled Beets Salad

**Seasonal Entrees**

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

**Dijon Crusted Sole**

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

Accompaniment

Rissole Potatoes

Also Available

Dijon Crusted Sole

Bacon Cheeseburger

**Seasonal Desserts**

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Boise Parkcenter IL

Friday, January 22, 2021

**Featured Starters**

Soup of the Day

Tortellini Soup

Salad of the Day

Chatsworth Tossed Salad

**Featured Entrees**

**Beef Stroganoff**

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

**Sauteed Pork Medallions**

Sauteed lean pork loin medallions with a light cucumber mustard sauce.


Vegetable

Peas with Carrots

 Steamed Cabbage

Accompaniments

Buttered Parslied Egg Noodles

 Roasted Rosemary Potatoes

**Featured Desserts**

Dessert

Cheesecake

Dessert

Milk Chocolate Chunk  
Cookie

Guiltless Pleasures

Reduced Sugar  
Cheesecake Whip

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## Main Meal

Brookdale Boise Parkcenter IL

Saturday, January 23, 2021

### Seasonal Starters

#### Soup of the Season

Old Fashioned Chicken Noodle Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

#### Dijon Crusted Sole

Baked sole fillet lightly coated in Dijon mustard and bread crumbs.

#### Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

#### Accompaniment

Yellow Rice

#### Also Available

Dijon Crusted Sole

Bacon Cheeseburger

### Seasonal Desserts

#### Ice Cream of the Month

Butter Pecan Ice Cream

#### Cookie of the Month

M & M Cookies

#### Fruit

 Fresh Fruit Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Boise Parkcenter IL

Saturday, January 23, 2021

### Featured Starters

#### Soup of the Day

Potato and Bacon Soup

#### Salad of the Day

Arugula and Pear Salad

### Featured Entrees

#### Turkey Meatloaf

A blend of turkey and seasonings for a healthy version of an old favorite.

#### Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

#### Glazed Coconut Chicken

Coconut breaded white meat chicken pieces with an apricot mustard sauce.

#### Vegetable


Ratatouille

#### Accompaniments

Whipped Potatoes

Buttered California Mix

 Baked Potato

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Apple Walnut Cake

#### Dessert

Hello Dolly Dessert Bars

#### Guiltless Pleasures

Applesauce Spice Bars

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