

Main Meal

Brookdale Oro Valley
Sunday, September 19, 2021

Starters

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Baked Tilapia

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

Accompaniments

Mashed Potatoes

 Steamed Corn

Featured Desserts

Dessert

Applesauce Snack
Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

 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 Oro Valley
Monday, September 20, 2021

Starters

Cucumber and Onion in Sour Cream Salad

Featured Entrees

Southern Style Pot Roast

Tender beef simmered with vegetables in this southern style dish.

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger


All beef patty with melted American cheese and your choice of condiments.

Baked Tilapia

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

Accompaniments

Boiled Red Skin Potatoes

 Steamed Carrots and Celery with Onions

Featured Desserts

Dessert

Chocolate Mousse

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Oro Valley

Tuesday, September 21, 2021

Starters

Italian Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

 **Baked Tilapia**

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

Accompaniments

Baked Beans

 Steamed Broccoli

Featured Desserts

Dessert

Banana Cream Pie

Dessert

 Apple Slices

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Oro Valley
Wednesday, September 22, 2021

Starters

Tossed Green Salad

Featured Entrees

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Baked Tilapia

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

Accompaniments

Scalloped Potatoes


 Steamed Brussels Sprouts

Featured Desserts

Dessert

Orange Gelatin

Dessert

 Unsweetened
Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Oro Valley
Thursday, September 23, 2021

Starters

Cole Slaw

Featured Entrees

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Baked Tilapia

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

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Steamed Chef's Mixed Vegetables

Featured Desserts

Dessert

Luscious Lemon Cake

Dessert

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Oro Valley
Friday, September 24, 2021

Starters

Caesar Salad

Featured Entrees

Friday Fish Fry

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

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Baked Tilapia

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

Accompaniments

 Baked Potato

 Steamed Spinach

Featured Desserts

Dessert

Baked Custard Pie

Dessert

 Apple Slices

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Oro Valley
Saturday, September 25, 2021

Starters

Classic Pea Salad

Featured Entrees

 **Peruvian Stewed Chicken**

Chicken thigh meat simmered in tomatoes with peppers and peas.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

 **Baked Tilapia**

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

Accompaniments

Yellow Rice


 **Steamed Green Beans**

Featured Desserts

Dessert

Chocolate Mousse
Cake

Dessert

 Unsweetened
Applesauce

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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