

Main Meal

Brookdale Salem MC  
Sunday, September 19, 2021

## Starters

Tossed Green Salad

## Featured Entrees

### Chicken Tenders

Golden baked breaded chicken tenders.

### 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

Whipped Potatoes


 Steamed Corn

## Featured Desserts

### Dessert

Peach Upside Down  
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 Salem MC  
Monday, September 20, 2021

## Starters

Fresh Spinach Salad

## Featured Entrees

### **Beef Burgundy**

Tender beef with mushrooms, onion and carrots served in a wine 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

Parslied Buttered Noodles

Roasted Broccoli

## 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 Salem MC

Tuesday, September 21, 2021

## Starters

Marinated Vegetable Salad

## Featured Entrees

 Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

 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

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Southern Pecan Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale Salem MC  
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

Garlic and Chive Mashed Potatoes

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 Salem MC  
Thursday, September 23, 2021

## **Starters**

Mixed Green Salad

## **Featured Entrees**

### **Chicken Cordon Bleu**

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

### **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

Cream Style Corn

## **Featured Desserts**

### **Dessert**

Chocolate Layer Cake

### **Dessert**

 Fresh Banana

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Salem MC  
Friday, September 24, 2021

## Starters

Chopped Salad

## Featured Entrees

### Baked Ham

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

### 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

Mashed Sweet Potatoes

 Steamed Kale

## Featured Desserts

### Dessert

Peach Cobbler

### Dessert

 Mandarin Oranges

### Guiltless Pleasures

No Sugar Added Mixed  
Berry Pie

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Main Meal

Brookdale Salem MC  
Saturday, September 25, 2021

## **Starters**

Beet Salad

## **Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue 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 Grits

Sauteed Vegetable Blend

## **Featured Desserts**

**Dessert**

Caramel Cake

**Dessert**

 Chilled Pears

**Guiltless Pleasures**

No Sugar Added  
Pound Cake

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