

Main Meal

Brookdale Topeka
Sunday, November 28, 2021

Starters

Tossed Garden Salad

Featured Entrees

Roast Sirloin of Beef with Gravy

Seasoned sirloin of beef slow roasted until tender served with a rich 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

Scalloped Potatoes

Broccoli Casserole

Featured Desserts

Dessert

Mocha Cake

Dessert

 Fresh Fall Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

 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 Topeka

Monday, November 29, 2021

Starters

Tossed Garden 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

Tater Tots

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Lemon
Pudding Parfait

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Main Meal

Brookdale Topeka

Tuesday, November 30, 2021

Starters

Tossed Garden Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

 **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

White Rice

Green Bean Casserole

Featured Desserts

Dessert

Blueberry Cake

Dessert

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added
Blueberry Cake

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Main Meal

Brookdale Topeka

Wednesday, December 1, 2021

Starters

Tossed Garden Salad

Featured Entrees

Baked Ham & Beans

Baked ham served with seasoned navy beans.

 **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

Italian Style Italian Blend

Featured Desserts

Dessert

Mandarin Vanilla Cream
Parfait

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Creamsicle Mousse

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Main Meal

Brookdale Topeka

Thursday, December 2, 2021


Starters

Tossed Garden Salad

Featured Entrees

Southern Style Fried Catfish

Cornmeal breaded fillet of catfish flash fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

 **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 Potatoes

Creamy Cole Slaw

Featured Desserts

Dessert

Butterscotch Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Vanilla
Cream Pie

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Main Meal

Brookdale Topeka

Friday, December 3, 2021

Starters

Tossed Garden Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

 **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

Oven Roasted Potatoes

Creamed Spinach

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Brown Betty

 Chilled Pears

Applesauce Spice Bars

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Main Meal

Brookdale Topeka

Saturday, December 4, 2021

Starters

Tossed Garden Salad

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

 **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

Sweet Potato Casserole

 Steamed Chef's Vegetables

Featured Desserts

Dessert

Pineapple Upside Down
Cake

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Pineapple Upside Down
Cake

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