

Main Meal

Brookdale Ada

Sunday, September 1, 2024

Starters

Tossed Green Salad

Featured Entrees

Chicken Fried Steak with Gravy

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

- Always Available -

 **Chicken with Country Gravy**

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

Oven Brown Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Mixed Melons

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 Ada

Monday, September 2, 2024

Starters

Chickpea Salad

Featured Entrees

Turkey Breast with Orange Glaze

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

- Always Available -

 **Chicken with Country Gravy**

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

Wild Rice Blend

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Orange Creamsicle
Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Orange
Dreamsicle Cake

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Main Meal

Brookdale Ada

Tuesday, September 3, 2024

Starters

Bacon, Egg, and Brussels Sprouts Salad

Featured Entrees

Veal Piccata

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

- Always Available -

Chicken with Country Gravy

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Steamed Chef's Vegetables

Desserts

Feature

Cookies and Cream Ice
Cream

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Ada

Wednesday, September 4, 2024

Starters

Vegetable Salad with Sesame Dressing

Featured Entrees

 Baked Tilapia

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

- Always Available -

 Chicken with Country Gravy

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

Trio Salad Plate


Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

 Stir Fried Barley

 Steamed Peas and Pearl Onions

Desserts

Feature

Butterscotch Pie

Fruit

 Fresh Berry Cup

Guiltless Pleasures

Reduced Sugar Custard
Pie

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Main Meal

Brookdale Ada

Thursday, September 5, 2024

Starters

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Tri-Tip Beef Roast

Garlic marinated beef served with pan grilled tomatoes and onions.

- Always Available -

Chicken with Country Gravy

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

Herbed Potatoes

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Cream Pudding

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Ada

Friday, September 6, 2024

Starters

Pickled Beets Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

- Always Available -

 **Chicken with Country Gravy**

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

 Baked Sweet Potato

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Angel Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Strawberry Cake

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Main Meal

Brookdale Ada

Saturday, September 7, 2024

Starters

Mixed Green Salad with Dressing

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

 **Chicken with Country Gravy**

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

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.


Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniments

Classic Lyonnaise Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cream Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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