

Main Meal

Brookdale Mount Vernon Drive

Sunday, November 28, 2021

Starters

Sliced Radish and Cucumber Plate

Featured Entrees

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

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

Dutch Potatoes

Braised Lima Beans

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 Mount Vernon Drive

Monday, November 29, 2021

Starters

Pickled Beets Salad

Featured Entrees

Braised Beef

Tender beef simmered in a red wine sauce with vegetables.

 **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

Anna Potatoes

Brussels Sprout Casserole

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Lemon
Pudding Parfait

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Main Meal

Brookdale Mount Vernon Drive

Tuesday, November 30, 2021

Starters

Red Pepper, Mushroom and Olive Plate

Featured Entrees

Baked Sole

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

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

Lemon Couscous

Creamed Green Peas

Featured Desserts

Dessert

Blueberry Cake

Dessert

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added
Blueberry Cake

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Main Meal

Brookdale Mount Vernon Drive
Wednesday, December 1, 2021

Starters

Mixed Green Salad with Lime-Cilantro Dressing

Featured Entrees

Roast Pork with Cherry Almond Glaze

Seasoned pork loin roasted with a cherry almond 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

Homestyle Bread Stuffing

Mashed Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mandarin Vanilla Cream
Parfait

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Creamsicle Mousse

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Main Meal

Brookdale Mount Vernon Drive

Thursday, December 2, 2021

Starters

Arugula and Pear Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic 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

Scalloped Potatoes

Roasted Beets

Featured Desserts

Dessert

Butterscotch Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Vanilla
Cream Pie

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Main Meal

Brookdale Mount Vernon Drive

Friday, December 3, 2021

Starters

Cauliflower 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

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Brown Betty

 Chilled Pears

Applesauce Spice Bars

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Main Meal

Brookdale Mount Vernon Drive

Saturday, December 4, 2021

Starters

Garden Slaw

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

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

Candied Yams

 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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