

Brookdale Palm Beach Gardens

Sunday, December 5, 2021

**Seasonal Starters**

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Harvest Salad

**Seasonal Entrees**

 **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.

Accompaniment

 Stir Fried Barley

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**

Ice Cream of the Month


Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Mixed Melons

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.



Brookdale Palm Beach Gardens

Sunday, December 5, 2021

**Featured Starters**

Soup of the Day

Savory Mushroom Soup

Salad of the Day

Bacon, Egg, and Brussels Sprouts Salad

**Featured Entrees**

**Roast Beef**

Seasoned beef, slow roasted until tender.

 **Sole Florentine**


Fillet of sole baked in a spinach wine sauce.

**Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

Vegetable

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Creamed Green Peas

Accompaniments

Roasted Horseradish Potatoes

Lemon Risotto

**Featured Desserts**

Dessert

Coconut Cream Pie

Dessert

Pistachio Ambrosia

Guiltless Pleasures

Reduced Sugar Coconut Pudding

 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 Palm Beach Gardens

Monday, December 6, 2021

## Seasonal Starters

### Soup of the Season

Beef Barley Soup

### Salad of the Season

Fall Harvest Salad

## Seasonal Entrees

### 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.

### Accompaniment

Couscous with Herbs

### Also Available

Roast Beef Wrap

Crumb Baked Pollock

## Seasonal Desserts


### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

### Cookie of the Month

Oatmeal Raisin Cookies

### Fruit

 Mandarin Oranges

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### Brookdale Palm Beach Gardens

Monday, December 6, 2021

## Featured Starters

### Soup of the Day

Corn Chowder

### Salad of the Day

Lemony Carrot Salad with Dill

## Featured Entrees

### Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### Savory Swiss Steak


Classic round steak cooked in a rich tomato sauce.

### Baked Almond Crusted Flounder

Oven baked fillet of flounder encrusted with almonds and herbs.

### Vegetable

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Cauliflower

### Accompaniments

Au Gratin Potatoes

 Baked Potato

## Featured Desserts

### Dessert

Spice Cake with Mocha  
Frosting

### Dessert

Orange Raisin Pudding

### Guiltless Pleasures

Reduced Sugar Frosted  
Spice Cake

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Brookdale Palm Beach Gardens

Tuesday, December 7, 2021

**Seasonal Starters**

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Harvest Salad

**Seasonal Entrees**

 **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.

Accompaniment

Oven Brown Potatoes

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Pears

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Brookdale Palm Beach Gardens

Tuesday, December 7, 2021

**Featured Starters**

Soup of the Day

Chicken Orzo Soup

Salad of the Day

Tossed Green Salad

**Featured Entrees**

**Veal Parmesan**

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Beef Tips**

Tender beef tips simmered in a mushroom gravy.

Vegetable


 Steamed Broccoli

Accompaniments

Buttered Noodles

Buttered Butternut Squash

Potato Onion Supreme

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Mint Chocolate Mousse

Dessert

Cranberry Pecan Pound Cake

Guiltless Pleasures

Reduced Sugar Mint Chocolate Mousse

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Brookdale Palm Beach Gardens

Wednesday, December 8, 2021

## Seasonal Starters

### Soup of the Season

Beef Barley Soup

### Salad of the Season

Fall Harvest Salad

## Seasonal Entrees

### 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.

### Accompaniment

Potatoes Romanoff

### Also Available

Roast Beef Wrap

Crumb Baked Pollock

## Seasonal Desserts

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Oatmeal Raisin Cookies

### Fruit

 Chilled Peaches

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Brookdale Palm Beach Gardens

Wednesday, December 8, 2021

## Featured Starters

### Soup of the Day

Creamy Lentil Soup

### Salad of the Day

Greek Salad

## Featured Entrees

### Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

### Navy Beans and Smoked Sausage


Seasoned navy beans simmered with smoked sausage.

### Fried Tilapia Fillets


Breaded tilapia fillets flash fried to golden brown.

### Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

### Accompaniments

Oven Brown Potatoes

Parslied New Potatoes

## Featured Desserts

### Dessert

Peach Crumb Pie

### Dessert

Moose Tracks Ice Cream

### Guiltless Pleasures

No Sugar Added Peach Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Brookdale Palm Beach Gardens

Thursday, December 9, 2021

**Seasonal Starters**

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Harvest Salad

**Seasonal Entrees**

 **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.

Accompaniment

Maple Sweet Potatoes

Also Available

Roast Beef Wrap

Crumb Baked Pollock

**Seasonal Desserts**

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Pineapple Chunks

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.



Brookdale Palm Beach Gardens

Thursday, December 9, 2021

**Featured Starters**

Soup of the Day

Italian Wedding Soup

Salad of the Day

Potato Salad

**Featured Entrees**

**Country Fried Steak**

Floured beef steak, fried golden brown and served with a creamy gravy.

 **Herb Baked Haddock**

Baked haddock fillet marinated in white wine, mustard, and herbs.

 **Baked Stuffed Chicken**

Chicken breast filled with stuffing and served with a light pan sauce.

Vegetable

Roasted Carrots and Parsnips with Herbs

 Fresh Vegetable Blend

Accompaniments

Mashed Potatoes

Couscous

**Featured Desserts**

Dessert

S'mores Brownies

Dessert

Apple Cinnamon Tart

Guiltless Pleasures

Reduced Sugar Chocolate Brownie

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## Main Meal

Brookdale Palm Beach Gardens

Friday, December 10, 2021

### Seasonal Starters

#### Soup of the Season

Beef Barley Soup

#### Salad of the Season

Fall Harvest Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Basmati Rice

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

Chilled Applesauce

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Brookdale Palm Beach Gardens

Friday, December 10, 2021

### Featured Starters

#### Soup of the Day

Cream of Broccoli Soup

#### Salad of the Day

Marinated Artichoke Salad

### Featured Entrees

#### Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

#### Simmered Beef Brisket


Tender beef brisket simmered with select herbs and seasonings until tender.

#### Lamb Curry

Cubes of lamb stewed until tender with curry and lemon.

#### Vegetable


Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Creamed Corn

#### Accompaniments

Classic Lyonnaise Potatoes

 Roasted Rosemary Potatoes

### Featured Desserts

#### Dessert

Glazed Lemon Cake

#### Dessert

Chocolate Meringue Pie

#### Guiltless Pleasures

Reduced Sugar Frosted  
Lemon 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 Palm Beach Gardens

Saturday, December 11, 2021

### Seasonal Starters

#### Soup of the Season

Beef Barley Soup

#### Salad of the Season

Fall Harvest Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Creamed Potatoes

#### Also Available

Roast Beef Wrap

Crumb Baked Pollock

### Seasonal Desserts


#### Ice Cream of the Month

Mint Chocolate Chip Ice  
Cream

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Fresh Fruit Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Palm Beach Gardens

Saturday, December 11, 2021

### Featured Starters

#### Soup of the Day

Tomato Soup

#### Salad of the Day

Wilted Lettuce Salad

### Featured Entrees

#### Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

#### Sautéed Mediterranean Chicken


Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

#### Beef in Red Wine Sauce

Lean beef with carrots, potatoes and onions in a rich red wine sauce.

#### Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Sautéed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

#### Accompaniments

 Baked Sweet Potato

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Pumpkin Pie

#### Dessert

Cream Puffs

#### Guiltless Pleasures

Reduced Sugar  
Pumpkin Pie

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We invite you to share your comments with your Dining Leaders.