

Main Meal

Brookdale Meridian Englewood

Sunday, November 29, 2020

Salad of the Day

Spinach, Bacon and Swiss Cheese Salad

Featured Entrees

Sautéed Mediterranean Chicken

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

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Couscous

Lyonnise Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peach Layer Cake

 Fresh Fall Fruit Cup

Reduced Sugar Peach
Mousse 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 Meridian Englewood

Monday, November 30, 2020

Salad of the Day

Mini Caesar Salad

Featured Entrees

Braised Beef

Tender beef simmered in a red wine sauce with vegetables.

Turkey Breast with Orange Glaze

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

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

 Pan Roasted Potatoes

Braised Kale

Barley Pilaf

Roasted Carrots and Parsnips with Herbs

Featured Desserts

Dessert

Buttermilk Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Vanilla Cream Pie

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Main Meal

Brookdale Meridian Englewood

Tuesday, December 1, 2020

Salad of the Day

Tangy Three Bean Salad

Featured Entrees

 **Basa Baked in White Wine**

Fillet of basa baked with white wine and served with fresh lemon.

Chicken Fried Steak with Gravy

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

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Sweet Potato Hash

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

 Steamed Broccoli

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Banana Cream Cake

 Fresh Melon Cup

Reduced Sugar
Chocolate Banana Layer
Cake

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Main Meal

Brookdale Meridian Englewood
Wednesday, December 2, 2020

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Smothered Pork Chop with Peppers

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

Chicken Tenders

Golden baked breaded chicken tenders.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Cornbread Stuffing

 Steamed Chef's Vegetables

Steak Fries

Collard Greens and Bacon

Featured Desserts

Dessert

Mocha Almond Fudge
Ice Cream

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Meridian Englewood

Thursday, December 3, 2020

Salad of the Day

Roasted Pepper Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Pasta with Vegetables

Roasted Brussels Sprouts

Boiled Parslied Potatoes

 Steamed Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Strawberry Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Strawberry Cream Pie

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Main Meal

Brookdale Meridian Englewood

Friday, December 4, 2020

Salad of the Day

 Marinated Cucumber, Tomato and Onion Salad

Featured Entrees

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

 **Breaded Flounder Fillets**

Cornmeal breaded flounder fillet baked to perfection.

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

 Baked Potato

Lemon Butter Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Potato Onion Supreme

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

S'mores Brownies

 Fresh Fruit Cup

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Meridian Englewood

Saturday, December 5, 2020

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Steamed Rice with Dill

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Cream Cheese Pound
Cake

 Fresh Fruit Cup

No Sugar Added Pound
Cake

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