

Main Meal

Brookdale Apache Junction

Sunday, December 5, 2021

## **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.

### **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

### **Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## **Accompaniments**

Roasted Horseradish Potatoes

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Rice

 Steamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

### **Dessert**

### **Guiltless Pleasures**

Coconut Cream Pie

 Mixed Melons

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 Apache Junction

Monday, December 6, 2021

## 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.

 **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

**Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

**Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## Accompaniments

Au Gratin Potatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Roasted Cauliflower

## Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Spice Cake with Mocha  
Frosting

 Mandarin Oranges

Reduced Sugar Frosted  
Spice Cake

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Main Meal

Brookdale Apache Junction  
Tuesday, December 7, 2021

## **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.

### **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

### **Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## **Accompaniments**

Buttered Noodles

 Steamed Broccoli

Potato Onion Supreme

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Mint Chocolate Mousse

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Mint  
Chocolate Mousse

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Main Meal

Brookdale Apache Junction

Wednesday, December 8, 2021

**Salad of the Day**

Greek Salad

**Featured Entrees**

**Chicken Thighs Dijon**

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

**Navy Beans and Smoked Sausage**

Seasoned navy beans simmered with smoked sausage.

 **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

**Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

**Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

**Accompaniments**

Wild Rice Blend

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Parslied New Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Peach Crumb Pie

 Chilled Peaches

No Sugar Added Peach  
Pie

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Main Meal

Brookdale Apache Junction  
Thursday, December 9, 2021

## **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.

### **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

### **Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## **Accompaniments**

Mashed Potatoes

Roasted Carrots and Parsnips with  
Herbs

Orzo Pilaf

 Fresh Vegetable Blend

## **Featured Desserts**

### **Dessert**

S'mores Brownies

### **Dessert**

 Pineapple Chunks

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Apache Junction

Friday, December 10, 2021

## **Salad of the Day**

Marinated Artichoke Salad

## **Featured Entrees**

### **Roast Chicken**

Perfectly seasoned oven roasted chicken quarters.

### **Simmered Beef Brisket**

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

### **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

### **Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## **Accompaniments**

Classic Lyonnaise Potatoes

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Roasted Rosemary Potatoes

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

### **Dessert**

### **Guiltless Pleasures**

Glazed Lemon Cake

Chilled Applesauce

Reduced Sugar Frosted  
Lemon Cake

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Main Meal

Brookdale Apache Junction  
Saturday, December 11, 2021

## Salad of the Day

Wilted Lettuce Salad

## Featured Entrees

### **Pork Loin with Roasted Pears**

Pork tenderloin roasted with herbs and pears.

### **Sauteed Mediterranean Chicken**

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

### **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

### **Homemade Waffle Dinner**

Traditional homemade waffles served with fresh eggs and a sausage patty.

## Accompaniments

 Baked Sweet Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

Pumpkin Pie

### Dessert

 Fresh Fruit Cup

### Guiltless Pleasures

Reduced Sugar Pumpkin  
Pie

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