

Main Meal

Brookdale Sarasota Central

Sunday, October 14, 2018

Salad of the Day

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Peppered Roast Beef

Lean beef round seasoned with peppercorns and slow roasted.

Pecan Crusted Tilapia

Baked fish fillet with a crunchy parmesan pecan topping.

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Potatoes Roasted with Garlic

Curried Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Baked Cauliflower

Featured Desserts

Dessert

Baked Blueberry
Cobbler

Dessert

 Fresh Cantaloupe

Guiltless Pleasures

No Sugar Added
Blueberry 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 Sarasota Central

Monday, October 15, 2018

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

Ranch Cube Steak

Breaded tender beef, pan fried and served with a zesty ranch sauce.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Noodles Romano

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Broccoli with Dijon Vinaigrette

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Boston Cream Cake

 Fresh Fruit Bowl

Reduced Sugar Boston
Cream Cake

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Main Meal

Brookdale Sarasota Central

Tuesday, October 16, 2018

Salad of the Day

Chopped Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Cranberry and Honey Glazed Chicken

Chicken breast baked with a honeyed cranberry glaze.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Mashed Potatoes and Gravy

Charred Brussels Sprouts

 Steamed Brown Rice

Roasted Parsnips

Featured Desserts

Dessert

Butterscotch Pie

Dessert

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Butterscotch Pudding

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Main Meal

Brookdale Sarasota Central
Wednesday, October 17, 2018

Salad of the Day

Tossed Garden Salad

Featured Entrees

 Herb Baked Haddock

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

Irish Lamb Stew

Diced lamb simmered in a rich broth with onions, leeks and potatoes.

 Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Rice with Mushrooms

Zesty Stewed Tomatoes

Boiled Parslied Potatoes

 Steamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peaches and Cream
Sponge Cake

 Fresh Fruit Cup

Reduced Sugar Peach
Mousse Cake

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Main Meal

Brookdale Sarasota Central
Thursday, October 18, 2018

Salad of the Day

Garbanzo Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

Breaded Flounder Fillets

Cornmeal breaded flounder fillet baked to perfection.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Oven Roasted Potatoes

Creamed Spinach

Red Pepper Couscous

 Steamed Chef's Fresh Vegetables

Featured Desserts

Dessert

Peanut Butter Fudge Ice
Cream

Dessert

 Chilled Peaches

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Sarasota Central

Friday, October 19, 2018

Salad of the Day

Pickled Beets Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

 **Swiss Steak with Tomatoes**

Tender, lean cube steak oven baked with onions and tomatoes.

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Sweet Potato Casserole

Green Beans Almondine

Whipped Horseradish Potatoes

 Steamed Spaghetti Squash

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Cherry Pie

 Mandarin Oranges

No Sugar Added Cherry
Pie

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Main Meal

Brookdale Sarasota Central
Saturday, October 20, 2018

Salad of the Day

Fall Harvest Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Chicken Diane

Sauteed chicken breast with a rich mushroom and cognac sauce.

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniments

Scalloped Potatoes

Braised Kale

 Stir Fried Barley

Caramelized Carrots

Featured Desserts

Dessert

Chocolate Mousse Cake

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse Layer
Cake

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