

Main Meal

Brookdale Sarasota Central

Sunday, July 15, 2018

**Salad of the Day**

Wedge Salad

**Featured Entrees**

**Roast Beef**

Seasoned beef, slow roasted until tender.

 **Sole Florentine**

Fillet of sole baked in a spinach wine sauce.

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

**Accompaniments**

Creamy Baked Mashed Potatoes

Kale with Garlic and Peppers

Couscous

Lemon Butter Carrots

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

**Dessert**

Homemade Peach  
Cobbler

**Dessert**

 Fresh Cantaloupe

**Guiltless Pleasures**

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 Sarasota Central

Monday, July 16, 2018

**Salad of the Day**

Garbanzo Salad

**Featured Entrees**

 **Baked Basa with Thyme, Garlic and Lemon**

Paprika and thyme seasoned basa fillet baked and finished with lemon juice.

**Beef Tips**

Tender beef tips simmered in a mushroom gravy.

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

**Accompaniments**

Garden Blend Rice

 Steamed Corn

Egg Noodles

Buttered Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Blueberry Streusel Cake

 Fresh Fruit Bowl

Reduced Sugar  
Strawberry Cake

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Main Meal

Brookdale Sarasota Central

Tuesday, July 17, 2018

## Salad of the Day

Caesar Salad

## Featured Entrees

 Veal Italiano

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

 Turkey Meatloaf

A blend of turkey and seasonings for a healthy version of an old favorite.

 Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

## Accompaniments

Parmesan Polenta

 Steamed California Mix

Au Gratin Potatoes

Harvard Style Beets

## Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Butterscotch Pie

 Apricot Halves

Reduced Sugar  
Butterscotch Pudding

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Main Meal

Brookdale Sarasota Central

Wednesday, July 18, 2018


## Salad of the Day

Pineapple Cole Slaw

## Featured Entrees

### Southern Style Fried Catfish

Cornmeal breaded fillet of catfish flash fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

### Roast Pork Loin with Caramelized Peaches with Marjoram

Herb rubbed lean pork served with peaches in a sweet buttery sauce.

### Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

### Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

### Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

## Accompaniments

Hush Puppies

Creole Style Zucchini

 Baked Potato

 Steamed Bok Choy

## Featured Desserts

### Dessert

Texas Sheet Cake

### Dessert

 Fresh Fruit Cup

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cake

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Main Meal

Brookdale Sarasota Central

Thursday, July 19, 2018

## Salad of the Day

Broccoli, Bacon and Onion Salad

## Featured Entrees

### Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

### Cornflake Chicken

Boneless breast of chicken coated with cornflake crust & baked until tender.

### Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

### Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

### Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

## Accompaniments

Hash Brown Potatoes

Mushroom and Bell Pepper Saute

Baked Beans

Braised Swiss Chard

## Featured Desserts

### Dessert

Pistachio Ice Cream

### Dessert

 Chilled Peaches

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Sarasota Central

Friday, July 20, 2018

## **Salad of the Day**

Vegetable Salad with Sesame Dressing

## **Featured Entrees**

**Honey Mustard Glazed Chicken Thighs**

Baked boneless chicken thighs with a honey and mustard glaze.

 **Stir Fried Beef and Broccoli**

Beef flank steak stir fried with broccoli, pea pods and red bell peppers.

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

## **Accompaniments**

Whipped Sweet Potatoes

 Steamed Green Beans

 Steamed Brown Rice

 Steamed Summer Squash

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Custard Pie

 Fresh Grapes

Reduced Sugar Custard  
Pie

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Main Meal

Brookdale Sarasota Central

Saturday, July 21, 2018

## **Salad of the Day**

Black Bean and Corn Salad

## **Featured Entrees**

### **Barbecue Pork Spareribs**

Pork spare ribs slow cooked in sauce until fall-off-the-bone tender.

### **Chicken Breast Piccata**

Sauteed breast of chicken served with a lemon caper sauce.

### **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

### **Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

### **Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

## **Accompaniments**

Homestyle Potatoes

Creamed Spinach

Orzo Pilaf

 Steamed Asparagus

## **Featured Desserts**

### **Dessert**

Cheesecake

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar  
Cheesecake Whip

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