

Main Meal

Brookdale Sarasota Central

Sunday, February 17, 2019

## **Salad of the Day**

Wedge Salad

## **Featured Entrees**

### Soy Ginger Glazed Salmon

Broiled salmon fillet, glazed with honey, soy sauce and ginger.

### Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

### Seasoned Baked Sole With Lemon

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### Chicken Kiev

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Lemon Couscous

 Steamed Snow Peas

Fingerling Potatoes with Fresh Herbs

Braised Red Cabbage

## **Featured Desserts**

### Dessert

Banana Cream Pie

### Dessert

 Fresh Melon Cup

### Guiltless Pleasures

Mini Reduced Sugar  
Banana Cream 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, February 18, 2019

## **Salad of the Day**

Cranberry Cabbage Salad

## **Featured Entrees**

### **Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

### **Turkey Divan**

Sliced turkey breast and broccoli covered in a rich cream sauce.

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **Chicken Kiev**

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Scalloped Potatoes

Creamed Spinach

Yellow Rice

 Steamed Mushrooms

## **Featured Desserts**

### **Dessert**

Tapioca Pudding

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Tapioca  
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 Sarasota Central  
Tuesday, February 19, 2019

## Salad of the Day

Mixed Greens Mediterranean Salad

## Featured Entrees

### Cornflake Chicken

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

### Veal Parmesan

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

### Seasoned Baked Sole With Lemon

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### Chicken Kiev

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## Accompaniments

 Baked Potato

Lima Bean Medley

Pasta of the Day

Roasted Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

### Dessert

### Guiltless Pleasures

Spice Cake with Mocha  
Frosting

 Fresh Apple Slices

Reduced Sugar Frosted  
Spice 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  
Wednesday, February 20, 2019

## **Salad of the Day**

Warm Potato Salad

## **Featured Entrees**

### **Hungarian Goulash**

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **Chicken Kiev**

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Buttered Noodles

Roasted Parsnips and Butternut  
Squash

Potato Wedges

Classic Pea Salad

## **Featured Desserts**

### **Dessert**

Cherry Cobbler

### **Dessert**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Cherry  
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  
Thursday, February 21, 2019

## **Salad of the Day**

Kidney Bean Salad

## **Featured Entrees**

### **Basa Baked in White Wine**

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

### **Ground Round Steak with Onions**

Tender beef patties served with sauteed onions and tomato sauce.

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **Chicken Kiev**

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Barley Pilaf

Braised Kale

 Pan Roasted Potatoes

Dilled Brussels Sprout Medley

## **Featured Desserts**

### **Dessert**

Texas Sheet Cake

### **Dessert**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse Layer  
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

Friday, February 22, 2019

## **Salad of the Day**

Spinach Harvest Salad

## **Featured Entrees**

### **Pork Roast with Horseradish and Herbs**

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

### **BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **Chicken Kiev**

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Mashed Potatoes and Gravy

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

Stewed Tomatoes

## **Featured Desserts**

### **Dessert**

New York Style  
Cheesecake

### **Dessert**

 Mandarin Oranges

### **Guiltless Pleasures**

Reduced Sugar  
Cheesecake Whip

 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  
Saturday, February 23, 2019

## **Salad of the Day**

Italian Salad

## **Featured Entrees**

### **Roast Turkey Breast**

Slow roasted lightly seasoned turkey breast.

### **Smothered Pork Chop with Peppers**

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

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **Chicken Kiev**

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

## **Accompaniments**

Cornbread Stuffing

Green Bean Casserole

Whipped Sweet Potatoes

 Steamed Chef's Fresh Vegetables

## **Featured Desserts**

### **Dessert**

Pumpkin Pie

### **Dessert**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Mini Reduced Sugar  
Pumpkin Cream Pie

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

