

Main Meal

Brookdale Sarasota Central

Sunday, November 11, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

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.

Accompaniment

Fettuccini Alfredo

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Mixed Melons

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.



Brookdale Sarasota Central

Sunday, November 11, 2018

Featured Starters

Soup of the Day

Beef Vegetable Soup

Salad of the Day

Old Fashioned Kidney Bean Salad

Featured Entrees

Roast Pork Loin with Caramelized Peaches with Marjoram

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

Fillet of Sole Almondine


Baked sole fillet topped with lemon sauce and toasted almonds.

Ground Round Steak with Onions


Tender beef patties served with sauteed onions and tomato sauce.

Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Rice Pilaf

Red Pepper Couscous

Featured Desserts

Dessert

Baked Apple

Dessert

Caramel Banana Cake

Guiltless Pleasures

Applesauce Spice Bars

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Sarasota Central
Monday, November 12, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

 **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.

Accompaniment

Maple Sweet Potatoes

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts


Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central
Monday, November 12, 2018

Featured Starters

Soup of the Day

Winter Squash Soup

Salad of the Day

Sliced Tomato, Basil, and Buffalo Mozzarella Salad

Featured Entrees

Turkey Meatloaf with Feta and Sun Dried Tomatoes

A savory meatloaf of turkey, feta cheese and sundried tomatoes.

St. Louis Pork Ribs

Pork spareribs cooked until tender then smothered in barbecue sauce.

 **Baked Herbed Catfish**

Seasoned catfish fillet topped with lemon garlic butter and baked.

Vegetable

 Steamed Zucchini

Classic Coleslaw

Accompaniments

Mashed Potatoes

Baked Beans

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

Bread Pudding with Whiskey Cream

Guiltless Pleasures

No Sugar Added Blackberry Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central

Tuesday, November 13, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

 **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.

Accompaniment

Sweet Corn Pancakes

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Apricot Halves

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central

Tuesday, November 13, 2018

Featured Starters

Soup of the Day

Tortellini Soup

Salad of the Day

Pickled Beets Salad

Featured Entrees

Beef Tips

Tender beef tips simmered in a mushroom gravy.

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Crab Louis Salad

Zesty crabmeat salad served over mixed greens.

Vegetable

Candied Carrots

 Steamed Italian Green Beans

Accompaniments

Parslied Buttered Noodles

Roasted Red Skin Potatoes

Featured Desserts

Dessert

Coconut Cream Pudding

Dessert

Buttercrunch Cake

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central

Wednesday, November 14, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

 **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.

Accompaniment

Rice Pilaf

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts


Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Mandarin Oranges

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central

Wednesday, November 14, 2018

Featured Starters

Soup of the Day

Creamy Lentil Soup

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Apple Stuffed Chicken

Baked breast of chicken filled with an apple and walnut stuffing.

Ranch Cube Steak

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

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.


Vegetable

Roasted Beets

 Peas with Red Peppers

Accompaniments

Anna Potatoes

 Baked Sweet Potato

Featured Desserts

Dessert

Marble Cake

Dessert

Apple Strudel Turnovers

Guiltless Pleasures

Reduced Sugar Frosted Spice Cake

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central

Thursday, November 15, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

 **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.

Accompaniment

Macaroni and Cheese

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Chilled Pears

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



Brookdale Sarasota Central

Thursday, November 15, 2018

Featured Starters

Soup of the Day

Chicken Corn Soup

Salad of the Day

Mini Caesar Salad

Featured Entrees

Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

 **Oven Baked Fried Chicken**


Crispy coated boneless breast of chicken baked in the oven until golden.

Shepherd's Pie

Beef, carrots & mushrooms in beef gravy baked with a whipped potato crust.

Vegetable

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Chef's Mixed Vegetables

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Featured Desserts

Dessert

Peach Crumb Pie

Dessert

Cherry Italian Ice

Guiltless Pleasures

Reduced Sugar Peach Mousse

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Main Meal

Brookdale Sarasota Central

Friday, November 16, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

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.

Accompaniment

 Pan Roasted Potatoes

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month


Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

Chilled Applesauce

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Sarasota Central

Friday, November 16, 2018

Featured Starters

Soup of the Day

Cream of Potato Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Vegetable

 Steamed Broccoli

Buttered Zucchini with Yellow Squash

Accompaniments

Homestyle Bread Stuffing

Oven Brown Potatoes

Featured Desserts

Dessert

Vanilla Frosted Sponge Cake

Dessert

Fantasy Fudge Brownie Bars

Guiltless Pleasures

Reduced Sugar Frosted Vanilla Cake

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.

Brookdale Sarasota Central
Saturday, November 17, 2018

Seasonal Starters

Soup of the Season

Turkey Orzo Soup

Salad of the Season

Marinated Vegetable Salad

Seasonal Entrees

 **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.

Accompaniment

 Steamed Brown Rice

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month


Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fruit Cup

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



Brookdale Sarasota Central
Saturday, November 17, 2018

Featured Starters

Soup of the Day

Split Pea with Ham Soup

Salad of the Day

Pineapple Carrot Raisin Salad

Featured Entrees

Yankee Pot Roast

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

Blackened Basa

Cajun seasoned basa cooked quickly in butter over high heat.

Grilled Chicken Breast with Caramelized Peaches with Marjoram

Grilled chicken breast served with peaches in a sweet buttery sauce.

Vegetable

Roasted Root Vegetables

 Steamed Spinach

Accompaniments

Boiled Potatoes

Garden Barley Pilaf

Featured Desserts

Dessert

Mint Brownie

Dessert

Chocolate Layer Cake

Guiltless Pleasures

Sugar Free Brownie

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