

Brookdale Sarasota Central

Sunday, June 24, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

 Roasted Italian Herb Potatoes

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Apricot Halves

 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, June 24, 2018

Featured Starters

Soup of the Day

Summer Squash Soup

Salad of the Day

Mixed Greens with Pear and Pecans

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Pan Sautéed Salmon

Sautéed salmon fillet served with a drizzle of lemon vinaigrette.

Vegetable

 Steamed Spring Mix

Lima Bean Medley

Accompaniments

Sweet Potato Casserole

Noodles Romanoff

Featured Desserts

Dessert

Cherry Cake

Dessert

Fresh Berries and Whipped Cream

Guiltless Pleasures

Reduced Sugar Frosted Cherry 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

Monday, June 25, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

 Baked Potato

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Peaches

 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

Monday, June 25, 2018

Featured Starters

Soup of the Day

Tomato Florentine Soup

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

 **Almond Chicken Stir Fry**

Chicken breast with vegetables in a light ginger soy sauce.

Baked Cod Au Gratin

Flaked cod baked in a creamy cheese sauce.


Vegetable

Braised Swiss Chard

 Steamed Snow Peas

Accompaniments

Garlic Mashed Potatoes

 Steamed Brown Rice

Featured Desserts

Dessert

Eclair

Dessert

Bread Pudding

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.

Brookdale Sarasota Central

Tuesday, June 26, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

Mashed Potatoes

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Bowl

 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

Tuesday, June 26, 2018

Featured Starters

Soup of the Day

Cream of Vegetable Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

 **Sauteed Mediterranean Chicken**

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

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Baked Sole with White Wine Dill Sauce

Rolled sole fillets served with a white wine and dill sauce.

Vegetable

Roasted Cauliflower

Mustard Glazed Carrots

Accompaniments

Couscous

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Lemon Meringue Pie

Dessert

Chocolate Layer Cake

Guiltless Pleasures

Reduced Sugar Lemon Pudding Parfait

 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

Wednesday, June 27, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

Mediterranean Orzo

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Mandarin Oranges

 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

Wednesday, June 27, 2018

Featured Starters

Soup of the Day

White Bean Soup with Tarragon

Salad of the Day

Sour Cream Cucumber Salad

Featured Entrees

Veal Parmesan

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

Turkey Divan

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

Pecan Crusted Tilapia


Baked fish fillet with a crunchy parmesan pecan topping.

Vegetable

 Steamed Spinach

Harvard Style Beets

Accompaniments

 Pasta with Tomato Basil Sauce

Barley Pilaf

Featured Desserts

Dessert

Berry Parfait

Dessert

Red Velvet Cake

Guiltless Pleasures

Reduced Sugar Strawberry Mousse

 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, June 28, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

Sweet Potato Tots

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Grapes

 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, June 28, 2018

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Braised Pork Chop with Gravy


Braised boneless pork chop served with a savory pan gravy.


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

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

Vegetable

Buttered Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Beans

Accompaniments

Classic Lyonnaise Potatoes

Rice with Mushrooms

Featured Desserts

Dessert

Banana Foster Cake

Dessert

Chocolate Mousse

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer 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

Friday, June 29, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

Herb Seasoned Rice

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fruit Cocktail

 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

Friday, June 29, 2018

Featured Starters

Soup of the Day

Turkey Orzo Soup

Salad of the Day

Marinated Broccoli and Tomato Salad

Featured Entrees

Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

Mango Basil Shrimp


Sauteed shrimp tossed with mangos and seasoned in a spicy basil blend.

Chicken Carbonara

Tender chicken tossed with pancetta and pasta in a cream sauce.

Vegetable

 Grilled Vegetables

 Steamed Sugar Snap Peas

Accompaniments

Whipped Potatoes

Orzo Pilaf

Featured Desserts

Dessert

French Silk Pie

Dessert

German Apple Cake

Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

 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, June 30, 2018

Seasonal Starters

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **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.

Accompaniment

Buttered Parslied Potatoes

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Pear Slices

 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, June 30, 2018

Featured Starters

Soup of the Day

Gazpacho Soup

Salad of the Day

Chopped Salad

Featured Entrees

 **Italian Baked Pollock**

Pollock fillet baked in an Italian style tomato and herb sauce.

Peppered Roast Beef

Lean beef round seasoned with peppercorns and slow roasted.

Chicken Saltimbocca

Chicken breast rolled with prosciutto, parmesan cheese, and spinach.

Vegetable

 Steamed Broccoli

Accompaniments

Scalloped Potatoes

Sauteed Mushroom, Pepper, and Onion

Fingerling Potatoes with Fresh Herbs

Featured Desserts

Dessert

Coconut Cake

Dessert

Strawberry Rhubarb Pie

Guiltless Pleasures

Reduced Sugar
Coconut Layer Cake

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