

Main Meal

Brookdale Sarasota Central

Sunday, August 12, 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

Fettuccini Alfredo

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

 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, August 12, 2018

Featured Starters

Soup of the Day

Onion Soup with Parmesan Croutons

Salad of the Day

Old Fashioned Kidney Bean Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

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

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Ground Round Steak with Onions

Tender beef patties served with sauteed onions and tomato sauce.

Vegetable

 Fresh Vegetable Blend

Peas with Mint

Accompaniments

Homestyle Bread Stuffing

Lemon Couscous

Featured Desserts

Dessert

Apple Brown Betty

Dessert

Cookies and Cream Cake

Guiltless Pleasures

Applesauce Spice Bars

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Brookdale Sarasota Central

Monday, August 13, 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

Maple Sweet 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

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Brookdale Sarasota Central

Monday, August 13, 2018

Featured Starters

Soup of the Day

Corn Chowder

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.

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

 **Baked Herbed Catfish**

Seasoned catfish fillet topped with lemon garlic butter and baked.

Vegetable

Roasted Asparagus

Roasted Beets

Accompaniments

Classic Duchess Potatoes

Country Fried Sweet Potato

Featured Desserts

Dessert

Cherry Pie

Dessert

Bread Pudding with Whiskey Cream

Guiltless Pleasures

No Sugar Added Cherry 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, August 14, 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 Red Skin 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

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



Brookdale Sarasota Central

Tuesday, August 14, 2018

Featured Starters

Soup of the Day

Garden Chili

Salad of the Day

Pickled Beets Salad

Featured Entrees

Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

 **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

Beef Bourguignon

Tender beef with mushrooms, onions, and carrots, in a red wine sauce.

Vegetable

 Steamed Carrots

 Steamed Spinach

Accompaniments

Oven Brown Potatoes

Wild Rice Blend

Featured Desserts

Dessert

Chocolate Mousse

Dessert

Buttercrunch Cake

Guiltless Pleasures

Reduced Sugar Chocolate Mousse

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

Main Meal

Brookdale Sarasota Central
Wednesday, August 15, 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

Rice Pilaf

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 Watermelon Slices

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sarasota Central
Wednesday, August 15, 2018

Featured Starters

Soup of the Day

Fresh Asparagus Soup

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Liver and Onions


Beef liver smothered in sauteed onions and baked in the oven.


Beef Soft Tacos

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

Vegetable

Braised Fennel

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Beans

Accompaniments

Hawaiian Baked Beans

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Peach Upside Down Cake

Dessert

Marble Cake

Guiltless Pleasures

Reduced Sugar Peach Mousse Cake

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

Main Meal

Brookdale Sarasota Central

Thursday, August 16, 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

Garlic Whipped 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

 Chilled Pears

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

Thursday, August 16, 2018

Featured Starters

Soup of the Day

Chicken Tortilla Soup

Salad of the Day

Mini Caesar Salad

Featured Entrees

Veal Cutlets

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

Blackened Catfish


Cajun seasoned catfish cooked quickly in butter over high heat.

Shepherd's Pie

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

Vegetable

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Collard Greens

Accompaniments

Potato Pancakes

Hush Puppies

Featured Desserts

Dessert

Banana Cream Pie

Dessert

Cherry Italian Ice

Guiltless Pleasures

No Sugar Added Key Lime Mousse

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

Brookdale Sarasota Central

Friday, August 17, 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

 Pan Roasted 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

Chilled Applesauce

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

Friday, August 17, 2018

Featured Starters

Soup of the Day

Cream of Carrot Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

 **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

 **Broiled Salmon**

Salmon fillet lightly seasoned and then broiled.

Vegetable

Bell Pepper, Tomato and Cucumber Salad

Buttered Zucchini with Yellow Squash

Accompaniments

Classic French Fries

Macaroni and Cheese

Featured Desserts

Dessert

Pound Cake with Mandarin Oranges

Dessert

Fantasy Fudge Brownie Bars

Guiltless Pleasures

No Sugar Added Pound Cake

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Main Meal

Brookdale Sarasota Central

Saturday, August 18, 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

 Steamed Brown 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

 Fresh Fruit Cup

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

Saturday, August 18, 2018

Featured Starters

Soup of the Day

Lentil and Potato Soup

Salad of the Day

Pineapple Carrot Raisin Salad

Featured Entrees

Roast Beef with Au Jus

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

Almond and Lemon Crusted Fish


Fillet of fish encrusted with almonds and served with a garlic-lemon sauce.

Grilled Chicken Breast with Caramelized Peaches with Marjoram

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

Vegetable

Sauteed Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Corn

Accompaniments

Potato Onion Supreme

Mediterranean Orzo

Featured Desserts

Dessert

Rainbow Sherbet

Dessert

Chocolate Layer Cake

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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