

Main Meal

Brookdale West University.  
Sunday, September 19, 2021

## **Salad of the Day**

Sweet Pecan Apple Beet Salad

## **Featured Entrees**

### **Turkey Breast with Orange Glaze**

Tender turkey breast simmered in a light orange sauce with prunes.

### **Baked Ham**

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Cranberry Rice Pilaf

 Steamed Chef's Vegetables

Scalloped Potatoes

Braised Kale

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Rum Cake

 Fresh Assorted Melons

Applesauce Spice Bars

 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 West University.  
Monday, September 20, 2021

## **Salad of the Day**

Fresh Spinach Salad

## **Featured Entrees**

### **Beef Stew**

Tender beef and vegetables in this homestyle classic.

### **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Boiled Potatoes

 Steamed Green Peas

Penne Pasta with Marinara Sauce

 Steamed Carrots

## **Featured Desserts**

### **Dessert**

Chocolate Chip Ice  
Cream

### **Dessert**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale West University.  
Tuesday, September 21, 2021

## **Salad of the Day**

Marinated Vegetable Salad

## **Featured Entrees**

### Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

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

Tender beef patties served with sauteed onions and tomato sauce.

### Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Macaroni and Cheese

Stewed Tomatoes

Creamy Baked Mashed Potatoes

Smothered Cabbage

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Southern Pecan Pie

 Chilled Peaches

Reduced Sugar Custard

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Main Meal

Brookdale West University.  
Wednesday, September 22, 2021

## **Salad of the Day**

Lettuce and Herb Salad

## **Featured Entrees**

### **Braised Pork Chop with Gravy**

Braised boneless pork chop served with a savory pan gravy.

### **Spicy Honey Brushed Chicken Thighs**

Spice rubbed boneless chicken thighs broiled with a honey glaze.

### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Hash Brown Potatoes

Glazed Butternut Squash

Anna Potatoes

 Steamed Broccoli

## **Featured Desserts**

### **Dessert**

Homemade Bread  
Pudding

### **Dessert**

Chilled Applesauce

### **Guiltless Pleasures**

Reduced Sugar French  
Vanilla Mousse

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Main Meal

Brookdale West University.  
Thursday, September 23, 2021

## **Salad of the Day**

Boston Lettuce Salad with Creamy Orange Shallot Dressing

## **Featured Entrees**

### **Baked Chicken Quarters**

Lightly seasoned oven baked chicken quarters.

### **Veal Marsala with Mushrooms**

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

### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Potatoes Roasted with Garlic

Roasted Beets

Mashed Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Chocolate Layer Cake

### **Dessert**

 Fresh Banana

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse Layer  
Cake

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Main Meal

Brookdale West University.  
Friday, September 24, 2021

## **Salad of the Day**

Chopped Salad

## **Featured Entrees**

### **Barbecue Beef Ribs**

Moist and tender, slow roasted beef ribs cooked in barbecue sauce.

### **Turkey Divan**

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

### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Homestyle Potatoes

Creamed Spinach

Pasta of the Day

Roasted Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Mixed Berry Pie

### **Dessert**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added Mixed  
Berry Pie

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Main Meal

Brookdale West University.  
Saturday, September 25, 2021

## **Salad of the Day**

Red Pepper, Mushroom and Olive Plate

## **Featured Entrees**

### Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

### California Garlic Pot Roast

Tender beef pot roast braised in an aromatic broth.

### Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

### Bacon Cheeseburger

All beef patty served with crisp cooked bacon and cheddar cheese.

### Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

## **Accompaniments**

Lemon Couscous

Sauteed Vegetable Blend

Fingerling Potatoes with Fresh Herbs

Braised Lima Beans

## **Featured Desserts**

### Dessert

Buttermilk Cake

### Dessert

 Chilled Pears

### Guiltless Pleasures

No Sugar Added Pound  
Cake

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