

Main Meal

Brookdale Flagstaff
Sunday, September 26, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Chili Verde Pork

A Mexican dish of pork loin simmered with tomatillo and peppers.

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Chef's Mixed Vegetables

 Steamed Green Beans

 Roasted Italian Herb Potatoes

Rice Pilaf

Featured Desserts

Dessert

Ice Cream of the Day

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Flagstaff

Monday, September 27, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Chicken in White Wine and Tarragon**
Chicken breast roasted in wine and herbs.

Cabbage with Sausage and Apples
Slow cooked sausage, cabbage and apples.

 **Grilled Chicken Breast**
Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich
American cheese on white bread grilled to a golden brown.

Turkey Sandwich
Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Chef's Vegetables

 Steamed Cabbage

Baked Beans

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Lemon Meringue Pie

 Orange Segments

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Flagstaff

Tuesday, September 28, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Spinach

 Steamed Chef's Vegetables

Scalloped Potatoes

Parmesan Polenta

Featured Desserts

Dessert

Fruited Gelatin

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Flagstaff

Wednesday, September 29, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Stuffed Green Peppers

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

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Chef's Mixed Vegetables

 Steamed Beets

Mashed Potatoes and Gravy

Crispy Spiced Chickpeas

Featured Desserts

Dessert

Applesauce Cake

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Flagstaff

Thursday, September 30, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Brussels Sprouts

 Steamed Chef's Vegetables

 Baked Sweet Potato

Rice Pilaf

Featured Desserts

Dessert

Cherry Cobbler

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Flagstaff

Friday, October 1, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Oven Baked Fried Chicken Thighs

Boneless chicken thighs dredged in seasoned flour & baked until golden brown.

Baked Ham

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

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Chef's Vegetables

 Steamed Carrots

Lemon Rice

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Spice Cake

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Flagstaff
Saturday, October 2, 2021

Salad of the Day

Mixed Green Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Chef's Mixed Vegetables

 Steamed Broccoli

Potatoes Roasted with Garlic

Northern Beans

Featured Desserts

Dessert

 Cheesecake

Dessert

 Orange Segments

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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