

Main Meal

Brookdale Creekside
Sunday, December 5, 2021

Starters

Lettuce and Herb Salad

Featured Entrees

Beef Tips

Tender beef tips simmered in a mushroom gravy.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.


Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Potato Wedges

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Apple Pie

Dessert

 Mixed Melons

Guiltless Pleasures

Reduced Sugar
Coconut Pudding

 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 Creekside
Monday, December 6, 2021

Starters

Lemony Carrot Salad with Dill

Featured Entrees

Turkey Fillet with Peppercorn Sauce

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

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Au Gratin Potatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Spice Cake with Mocha
Frosting

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale Creekside

Tuesday, December 7, 2021

Starters

Tossed Green Salad

Featured Entrees

Veal Parmesan

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

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Buttered Noodles

 **Steamed Broccoli**

Featured Desserts

Dessert

Mint Chocolate Mousse

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Mint
Chocolate Mousse

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Main Meal

Brookdale Creekside
Wednesday, December 8, 2021

Starters

Greek Salad

Featured Entrees

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.


Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Oven Brown Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Peach Crumb Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

No Sugar Added Peach
Pie

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Main Meal

Brookdale Creekside
Thursday, December 9, 2021

Starters

Potato Salad

Featured Entrees

Country Fried Steak

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

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Mashed Potatoes

Roasted Carrots and Parsnips with Herbs

Featured Desserts

Dessert

S'mores Brownies

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Creekside
Friday, December 10, 2021

Starters

Marinated Artichoke Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.


Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Classic Lyonnaise Potatoes

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Glazed Lemon Cake

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Lemon Cake

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Main Meal

Brookdale Creekside
Saturday, December 11, 2021

Starters

Wilted Lettuce Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.


Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

 Baked Sweet Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pumpkin Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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