

Main Meal

Brookdale South Park
Sunday, September 19, 2021

Starters

Sweet Pecan Apple Beet Salad

Featured Entrees

Turkey Breast with Orange Glaze

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

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

Sweet Potato Casserole


 Steamed Chef's Vegetables

Featured Desserts

Dessert

Frosted Chocolate
Cake

Dessert

 Fresh Assorted Melons Applesauce Spice Bars

Guiltless Pleasures

 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 South Park
Monday, September 20, 2021

Starters

Fresh Spinach Salad

Featured Entrees

Beef and Rice Meatballs

Ground beef and rice meatballs simmered in a traditional 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

Boiled Potatoes

Roasted Green Beans and Red Peppers

Featured Desserts

Dessert

Fruited Gelatin

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale South Park
Tuesday, September 21, 2021

Starters

Marinated Vegetable Salad

Featured Entrees

Grilled Shrimp in Oregano and Lemon

Grilled shrimp seasoned in a garlic, lemon and oregano blend.

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

Noodles Romanoff

Sweet and Sour Cabbage

Featured Desserts

Dessert

Peach Cobbler

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale South Park
Wednesday, September 22, 2021

Starters

Lettuce and Herb Salad

Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan 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

Yellow Rice

Honey Bourbon Glazed Winter Blend

Featured Desserts

Dessert

Creamy Pudding

Dessert

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale South Park
Thursday, September 23, 2021

Starters

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Chicken Schnitzel

Breaded chicken breast sautéed and served with lemon caper 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

Scalloped Potatoes

Corn O'Brien

Featured Desserts

Dessert

Chocolate Layer Cake

Dessert

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale South Park
Friday, September 24, 2021

Starters

Chopped Salad

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ 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

Macaroni and Cheese

 Steamed Spinach

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Mixed
Berry Pie

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Main Meal

Brookdale South Park
Saturday, September 25, 2021

Starters

Red Pepper, Mushroom and Olive Plate

Featured Entrees

Fried Seafood Platter

Scallops, shrimp and fish lightly breaded and deep fried to golden brown.

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

Lemon Couscous

Sauteed Vegetable Blend

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Pound Cake

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