

Main Meal

Brookdale Wilsonville
Sunday, May 16, 2021

Salad of the Day

Spinach Citrus Salad

Featured Entrees

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Simmered Beef Brisket

Tender beef brisket simmered with select herbs and seasonings until tender.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Homestyle Potatoes

Lemon Butter Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Potatoes Roasted with Garlic

Sauteed Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Coconut Meringue Pie

 Fresh Melon Cup

Reduced Sugar Coconut
Cream Pie

 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 Wilsonville
Monday, May 17, 2021

Salad of the Day

Mini Caesar Salad

Featured Entrees

Veal Stew

Veal simmered in a rich broth with potatoes, carrots, celery and onions.

Grilled Strawberry Chicken

Grilled chicken breast with strawberry red wine balsamic sauce.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Boiled Potatoes

Peas with Carrots

Orzo Pilaf

Roasted Cauliflower

Featured Desserts

Dessert

White Chocolate Mousse

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar French
Vanilla Mousse

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Main Meal

Brookdale Wilsonville
Tuesday, May 18, 2021

Salad of the Day

Greek Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

 **Baked Lemon Breast of Chicken**

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Pasta of the Day

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Anna Potatoes

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Heavenly Devil's Food
Cake

 Fresh Apple Slices

Reduced Sugar Frosted
Chocolate Cake

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Main Meal

Brookdale Wilsonville
Wednesday, May 19, 2021

Salad of the Day

Pickled Beets Salad

Featured Entrees

Pot Roast

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

Grilled Sole

Sole fillet lightly seasoned and grilled.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Parslied New Potatoes

Roasted Root Vegetables

 Brown Rice Pilaf with Herbs

Buttered Swiss Chard

Featured Desserts

Dessert

Lemon Ice Box Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Lemon
Mousse

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Main Meal

Brookdale Wilsonville
Thursday, May 20, 2021

Salad of the Day

Roasted Pepper Salad

Featured Entrees

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

 Baked Sweet Potato

Creamed Spinach

Mashed Potatoes

 Steamed Corn

Featured Desserts

Dessert

Strawberry Shortcake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Strawberry Shortcake

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Main Meal

Brookdale Wilsonville
Friday, May 21, 2021

Salad of the Day

Waldorf Salad

Featured Entrees

German Bratwurst with Sauerkraut

Bratwurst simmered with sauerkraut and onion.

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

 Pan Roasted Potatoes

Lyonnaise Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Warm Potato Salad

Buttered Yellow Squash


Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Cherry Dessert

Dessert

 Fresh Diced Pears and Apples

Guiltless Pleasures

Reduced Sugar Cheesecake Whip

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Main Meal

Brookdale Wilsonville
Saturday, May 22, 2021

Salad of the Day

Iceberg Wedge Salad

Featured Entrees

Baked Catfish with Thyme, Garlic and Lemon

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

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

Baked Lemon Breast of Chicken

Chicken breast baked in the oven with lemon & garlic.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

French Dip Sandwich

Thinly sliced roast beef served hot on a French roll with a side of au jus.

Accompaniments

Dutch Potatoes

Zesty Stewed Tomatoes

Fingerling Potatoes with Fresh Herbs

 Grilled Vegetables

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Dutch Apple Pie

 Fresh Fruit Cup

Applesauce Spice Bars

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