Main Meal

Brookdale Bellingham
Sunday, September 30, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

BBQ Pulled Pork
Slow cooked pork, shredded and served in BBQ sauce.

Chicken in Wine Sauce
Sauteed chicken quarters simmered in a savory red wine sauce.

Grilled Chicken Breast
Marinated breast of chicken seasoned and grilled.

Baked Cod
Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Saffron Rice Buttered Brussels Sprouts
Item can be prepared as an Optimum Life Cuisine Option
Hash Brown Potatoes Corn on the Cob
Item can be prepared as an Optimum Life Cuisine Option

Featured Desserts

Dessert Dessert Guiltless Pleasures
Baked Apple Cobbler Fresh Fruit Cup No Sugar Added Apple 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 Bellingham
Monday, October 01, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

- Apple Cider Chicken
  Chicken breast served with apples and a creamy apple cider sauce.

- Spring Lamb Stew
  A hearty stew of lamb, parsnips and carrots.

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

- Baked Cod
  Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

- Hamburger
  Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

- Cornbread Stuffing
- Steamed Zucchini
- Vegetable Couscous
- Corn on the Cob

Item can be prepared as an Optimum Life Cuisine Option

Featured Desserts

- Dessert
  Bavarian Cream Pie

- Dessert
  Fresh Fruit Cup

- Guiltless Pleasures
  No Sugar Added Apple 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 Bellingham
Tuesday, October 02, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

Classic Meatloaf
A perfect blend of meats and seasonings for this classic meatloaf.

☒ Tarragon Chicken
Chicken breast served with a classic, creamy tarragon sauce.

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

☒ Baked Cod
Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Mashed Potatoes and Gravy  Candied Carrots

Lime Rice Pilaf  Corn on the Cob

Feature dessert

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<th>Dessert</th>
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<th>Guiltless Pleasures</th>
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<tr>
<td>Fruited Gelatin</td>
<td>☒ Fresh Fruit Cup</td>
<td>No Sugar Added Apple</td>
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<td>Pie</td>
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☒ 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 Bellingham
Wednesday, October 03, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

Baked Rosemary Chicken
Juicy, bone-in chicken quarters seasoned with rosemary and lemon.

Salisbury Steak
Seasoned ground beef steak, baked until tender, for a classic favorite.

Grilled Chicken Breast
Marinated breast of chicken seasoned and grilled.

Baked Cod
Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Mashed Sweet Potatoes  Roasted Beets
Boiled Rice  Corn on the Cob

Featured Desserts

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<th>Dessert</th>
<th>Dessert</th>
<th>Guiltless Pleasures</th>
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</thead>
</table>
| Yellow Cake with Buttercream Frosting | ☀️ Fresh Fruit Cup               | No Sugar Added Apple 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 Bellingham
Thursday, October 04, 2018

Salad of the Day
Baby Carrots with Dip

**Featured Entrees**

Seasoned Baked Pork Chops
Baked pork chop encrusted with a ginger-cayenne breading.

- Oven Baked Fried Chicken
  Crispy coated boneless breast of chicken baked in the oven until golden.

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

- Baked Cod
  Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Accompaniments**

Potatoes Roasted with Garlic  Braised California Mix

Item can be prepared as an Optimum Life Cuisine Option

Buttered Noodles  Corn on the Cob

Item can be prepared as an Optimum Life Cuisine Option

**Featured Desserts**

Peach Cobbler  Fresh Fruit Cup  No Sugar Added Apple Pie

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We invite you to share your comments with your Dining Leaders.
Main Meal

Brookdale Bellingham
Friday, October 05, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

葆 Broiled Salmon
Salmon fillet lightly seasoned and then broiled.

Ham Steak
Over baked sliced ham steak, topped with brown sugar and mustard.

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

葆 Baked Cod
Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

葆 Baked Potato 葆 Steamed Broccoli
Steamed Rice with Dill  Corn on the Cob

Item can be prepared as an葆 Optimum Life Cuisine Option  Item can be prepared as an葆 Optimum Life Cuisine Option

Featured Desserts

Dessert  Dessert  Guiltless Pleasures
Frosted Red Velvet Cake 葆 Fresh Fruit Cup  No Sugar Added Apple Pie

葆 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 Bellingham
Saturday, October 06, 2018

Salad of the Day
Baby Carrots with Dip

Featured Entrees

Yankee Pot Roast
Beef pot roast slowly braised and served with a rich gravy.

Cod Roasted with Fresh Herbs
Lightly roasted cod topped with a lemon and breadcrumb crust.

Grilled Chicken Breast
Marinated breast of chicken seasoned and grilled.

Baked Cod
Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

Hamburger
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Bacon Mashed Potatoes
Sauteed Bell Peppers
Golden Rice
Corn on the Cob

Item can be prepared as an Optimum Life Cuisine Option

Featured Desserts

Dessert
Mint Brownie
Fresh Fruit Cup

Dessert
No Sugar Added Apple
Pie

Guiltless Pleasures

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