

Main Meal

Brookdale West Seattle.
Sunday, August 18, 2019

Salad of the Day

Caesar Salad

Featured Entrees

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Baked Cornish Hen

Oven baked cornish hen stuffed with seasoned vegetables.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Barbecue Baked Beans

Caramelized Carrots

Roasted Horseradish Potatoes

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Cherry Pie

Dessert

 Fresh Apple Slices

Guiltless Pleasures

No Sugar Added
Blueberry 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 West Seattle.
Monday, August 19, 2019

Salad of the Day

Cranberry Pineapple Gelatin Salad

Featured Entrees

Mustard Crusted Salmon

Broiled salmon topped with a stone ground mustard glaze.

Mango Chicken

Tender chicken breast strips sauteed in a curry lime sauce with mango.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Orange with Sweet Bell Peppers Rice

 Steamed Spinach

Potato Onion Supreme

Roasted Beets

Featured Desserts

Dessert

Tapioca Pudding

Dessert

 Fresh Banana

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale West Seattle.
Tuesday, August 20, 2019

Salad of the Day

Italian Salad

Featured Entrees

Seasoned Trout with Lemon

Trout fillet baked in the oven with a squeeze of lemon juice.

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

 Stir Fried Barley

Baked Cauliflower

Whipped Sweet Potatoes

 Steamed Chef's Mixed Vegetables

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Fresh Orange

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Seattle.

Wednesday, August 21, 2019

Salad of the Day

Spinach, Bacon and Swiss Cheese Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

Turkey Fillet with Peppercorn Sauce

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

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

O'Brien Potatoes

 Steamed Carrots

Mashed Potatoes

Almondine Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Blueberry Pie

Dessert

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale West Seattle.
Thursday, August 22, 2019

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Baked Cod with Olives and Limes

Fillet of cod baked with limes, olives, capers and rosemary.

Black Pepper Beef

Japanese seasoned beef tips sauteed with garlic, peppers and onions.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Couscous with Herbs

Creole Style Eggplant

Oven Roasted Potatoes

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mandarin Orange Cake

 Mixed Melons

No Sugar Added Cherry
Pie

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Main Meal

Brookdale West Seattle.

Friday, August 23, 2019

Salad of the Day

Pickled Beets Salad

Featured Entrees

Sauteed Pork Medallions

Sauteed lean pork loin medallions with a light cucumber mustard sauce.

Beer Stewed Chicken

Lightly seasoned chicken quarters stewed in beer.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Garden Blend Rice

 Steamed Broccoli

Scalloped Potatoes

 Steamed Chef's Fresh Vegetables

Featured Desserts

Dessert

Cookies and Cream Ice
Cream

Dessert

 Stewed Prunes

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale West Seattle.
Saturday, August 24, 2019

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Roasted Chicken Quarters with Pineapple Salsa

Roasted chicken quarters topped with spicy pineapple salsa.

Item can be prepared as an  Optimum Life Cuisine Option

Pork Shank

Braised pork shank served with wine sauce.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Homestyle Bread Stuffing

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Sweet Potato

 Steamed Brussels Sprouts

Featured Desserts

Dessert

Pecan Pie

Dessert

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Apple
Pie

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