

## Main Meal

Brookdale West Seattle.

Sunday, June 16, 2019

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### 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.

#### Accompaniment

Classic French Fries

#### Also Available

North Carolina Style Pulled Pork  
Sandwich

 Grilled Tilapia

### Seasonal Desserts


#### Ice Cream of the Month

Ice Cream Sundae

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Fresh Apple

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
We invite you to share your comments with your Dining Leaders.



Brookdale West Seattle.

Sunday, June 16, 2019

### Featured Starters

#### Soup of the Day

Chicken Vegetable Soup

#### Salad of the Day

Mixed Green Salad

### Featured Entrees

#### Memorial Day Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

#### Citrus Baked Cod

Seasoned baked cod topped with lemon and orange zest.

#### Chicken Pot Pie

Tender chicken and vegetables in gravy baked with a pastry crust.

#### Vegetable

 Steamed Broccoli

#### Accompaniments

Onion Rings

Corn O'Brien

Rice and Vegetable Blend

### Featured Desserts

#### Dessert


Cherry Pie

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added Apple  
Pie

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

Brookdale West Seattle.

Monday, June 17, 2019

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Cole Slaw

**Seasonal Entrees**

 **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.

**Accompaniment**

Classic French Fries

**Also Available**

North Carolina Style Pulled Pork Sandwich

 Grilled Tilapia

**Seasonal Desserts**

**Ice Cream of the Month**

Ice Cream Sundae

**Cookie of the Month**

Lemon Cookie

**Fruit**

 Fresh Banana

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Brookdale West Seattle.

Monday, June 17, 2019

**Featured Starters**

**Soup of the Day**

Lentil Soup

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Baked Haddock**

Haddock baked in the oven with a squeeze of lemon juice.


**Beef Tips**

Tender beef tips simmered in a mushroom gravy.

**Chicken Cacciatore**

Chicken quarters braised in tomato sauce with mushrooms and peppers.

**Vegetable**


 Steamed Sugar Snap Peas

**Accompaniments**

Barley Pilaf

Glazed Carrots

Parslied Buttered Noodles

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

**Dessert**

Carrot Cake

**Dessert**

Ice Cream of the Day

**Guiltless Pleasures**

No Sugar Added  
Chocolate Ice Cream

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## Main Meal

Brookdale West Seattle.

Tuesday, June 18, 2019

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### 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.

#### Accompaniment

Classic French Fries

#### Also Available

North Carolina Style Pulled Pork  
Sandwich

 Grilled Tilapia

### Seasonal Desserts

#### Ice Cream of the Month

Ice Cream Sundae

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Fresh Melon Slices

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

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Brookdale West Seattle.

Tuesday, June 18, 2019

### Featured Starters

#### Soup of the Day

Classic Split Pea Soup

#### Salad of the Day

Mixed Green Salad


### Featured Entrees

#### Brats with Caramelized Onions and Grilled Peppers

Grilled bratwurst with beer braised onions and peppers served on a roll.

#### Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

#### Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

#### Vegetable


Roasted Beets

#### Accompaniments

Oven Brown Potatoes

Buttered Succotash

Macaroni and Cheese

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Desserts

#### Dessert

Coffee Ice Cream

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added  
Blackberry 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.

Wednesday, June 19, 2019

**Seasonal Starters**

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Cole Slaw

**Seasonal Entrees**

 **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.

Accompaniment

Classic French Fries

Also Available

North Carolina Style Pulled Pork Sandwich

 Grilled Tilapia

**Seasonal Desserts**


Ice Cream of the Month

Ice Cream Sundae

Cookie of the Month

Lemon Cookie

Fruit

 Fresh Orange

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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Brookdale West Seattle.

Wednesday, June 19, 2019

**Featured Starters**

Soup of the Day

Cream of Tomato Soup

Salad of the Day

Mixed Green Salad

**Featured Entrees**

**Turkey Piccata**

Sauteed breast of turkey served with a lemon caper sauce.

 **Applesauce Pork Chop**

Lean bone-in pork chop topped with applesauce and cinnamon and baked.


**Baked Trout Almondine**


Fillet of trout with onion, garlic, and lemon topped with slivered almonds.

Vegetable

Baked Tomato

Accompaniments

 Steamed Brown Rice

Item can be prepared as an  Optimum Life Cuisine Option

Braised Red Cabbage

Fingerling Potatoes with Fresh Herbs

**Featured Desserts**

Dessert

Lemon Meringue Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

No Sugar Added Strawberry Ice Cream

 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.

Thursday, June 20, 2019

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Cole Slaw

**Seasonal Entrees**

 **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.

**Accompaniment**

Classic French Fries

**Also Available**

North Carolina Style Pulled Pork Sandwich

 Grilled Tilapia

**Seasonal Desserts**


**Ice Cream of the Month**


Ice Cream Sundae

**Cookie of the Month**

Lemon Cookie

**Fruit**

 Mandarin Oranges

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Brookdale West Seattle.

Thursday, June 20, 2019

**Featured Starters**

**Soup of the Day**

Tuscany Soup

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Beef and Broccoli**

Tender beef and fresh broccoli stir-fried in a tangy sauce.

**Barbecue Chicken Tenderloins**

Grilled chicken tenders seasoned and basted with barbecue sauce.


Item can be prepared as an  Optimum Life Cuisine Option

**Barbecued Shrimp**

Grilled shrimp basted with a tangy homemade barbecue sauce.

**Vegetable**

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Spinach

**Accompaniments**

Fluffy White Rice

Waffle Fries

**Featured Desserts**

**Dessert**

Bread Pudding

**Dessert**

Ice Cream of the Day

**Guiltless Pleasures**

No Sugar Added  
Cherry Pie

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## Main Meal

Brookdale West Seattle.

Friday, June 21, 2019

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### 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.

#### Accompaniment

Classic French Fries

#### Also Available

North Carolina Style Pulled Pork Sandwich

 Grilled Tilapia

### Seasonal Desserts

#### Ice Cream of the Month

Ice Cream Sundae

#### Cookie of the Month

Lemon Cookie

#### Fruit

 Stewed Prunes

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

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Brookdale West Seattle.

Friday, June 21, 2019

### Featured Starters

#### Soup of the Day

Homemade Clam Chowder

#### Salad of the Day

Mixed Green Salad

### Featured Entrees

#### Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

#### Tri-Tip Beef Roast

Garlic marinated beef served with pan grilled tomatoes and onions.

#### Curried Chicken Salad Plate

Fresh made chicken salad served with curry dressing.

#### Vegetable

Cauliflower Polonaise

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Mushrooms and Onions

#### Accompaniments

 Black Eyed Peas

Au Gratin Potatoes

### Featured Desserts

#### Dessert

Angel Food Cake

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar Chocolate 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 West Seattle.

Saturday, June 22, 2019

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Cole Slaw

### Seasonal Entrees

#### 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.

#### Accompaniment

Classic French Fries

#### Also Available

North Carolina Style Pulled Pork  
Sandwich

 Grilled Tilapia

### Seasonal Desserts

#### Ice Cream of the Month

Ice Cream Sundae

#### Cookie of the Month

Lemon Cookie

#### Fruit

Chilled Applesauce

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

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Brookdale West Seattle.

Saturday, June 22, 2019

### Featured Starters

#### Soup of the Day

French Onion Soup

#### Salad of the Day

Mixed Green Salad

### Featured Entrees

#### Roast Pork Loin

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

#### Chicken Thighs with Quick Mole Sauce


Chicken thighs cooked in a rich, dark and delicious mole sauce.


#### Beef Stuffed Cabbage

Classic style rice and ground beef rolled into cabbage leaves.

#### Vegetable

Lemon Butter Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Beans

#### Accompaniments

 Baked Potato

Cilantro Rice

### Featured Desserts

#### Dessert

Chocolate Peanut  
Butter Pie

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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