

Main Meal

Brookdale Sunwest IL
Sunday, April 11, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Potato Wedges

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Diced Pears

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



Brookdale Sunwest IL
Sunday, April 11, 2021

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Roast Sirloin of Beef with Gravy

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

Fried Catfish


Breaded catfish fillet flash fried until golden brown.


Breaded Flounder Fillets

Cornmeal breaded flounder fillet baked to perfection.

Vegetable

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Beans

Accompaniments

Mashed Potatoes and Gravy

Hush Puppies

Featured Desserts

Dessert

Tapioca Pudding

Dessert

Yellow Cake with Buttercream Frosting

Guiltless Pleasures

Reduced Sugar Custard

 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 Sunwest IL
Monday, April 12, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.


Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

 Orange Scented Rice Pilaf with Almonds

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Sunwest IL
Monday, April 12, 2021

Featured Starters

Soup of the Day

Cream of Spinach Soup

Salad of the Day

Fresh Vegetable Salad

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.

Turkey Medallions

Sauteed marinated turkey medallions with a mustard cream sauce.

Vegetable

 Steamed Chef's Fresh Vegetables

Stewed Tomatoes

Accompaniments

Mediterranean Orzo

Garlic Whipped Potatoes

Featured Desserts

Dessert

Glazed Lemon Pound Cake

Dessert

Rustic Apple Tart with Amaretto

Guiltless Pleasures

Reduced Sugar Chocolate Cake

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Brookdale Sunwest IL

Tuesday, April 13, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Tri Color Mash

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Apricot Halves

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



Brookdale Sunwest IL

Tuesday, April 13, 2021

Featured Starters

Soup of the Day

Chicken Tortilla Soup

Salad of the Day

Italian Salad

Featured Entrees

Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

BBQ Turkey Meatloaf

Seasoned turkey meatloaf served with BBQ sauce.

Braised Sirloin Tips

Sirloin steak tips braised with onions in a red wine sauce.

Vegetable

Broccoli and Cheese

Braised Red Cabbage

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Cherry Pie

Dessert

Mint Chocolate Mousse

Guiltless Pleasures

No Sugar Added Peach Pie

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Main Meal

Brookdale Sunwest IL

Wednesday, April 14, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Herb Seasoned Rice

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Fresh Fruit Cup

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Brookdale Sunwest IL

Wednesday, April 14, 2021

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

Seasoned Baked Pork Chops


Baked pork chop encrusted with a ginger-cayenne breading.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Chef's Southern Style Greens

Accompaniments

Pasta with Tomato Basil Sauce

 Baked Potato

Featured Desserts

Dessert

Pineapple Upside Down Cake

Dessert

Peanut Butter Pie

Guiltless Pleasures

Reduced Sugar Frosted Cherry Cake

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Brookdale Sunwest IL

Thursday, April 15, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

 **Southwestern Breast of Chicken**

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Rissole Potatoes

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month


Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Peaches

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



Brookdale Sunwest IL

Thursday, April 15, 2021

Featured Starters

Soup of the Day

Lentil Soup

Salad of the Day

Lemony Carrot Salad with Dill

Featured Entrees

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Roast Turkey


Perfectly seasoned slow roasted turkey.

Wiener Schnitzel


Veal cutlet dredged in breadcrumbs and pan fried until golden.

Vegetable

Buttered Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Egg Noodles

Mashed Potatoes

Featured Desserts

Dessert

Cinnamon Churros

Dessert

Spumoni Ice Cream

Guiltless Pleasures

No Sugar Added
Blonde Brownies

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

Brookdale Sunwest IL

Friday, April 16, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Skillet Home Fries

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts


Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Mandarin Oranges

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

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



Brookdale Sunwest IL

Friday, April 16, 2021

Featured Starters

Soup of the Day

Homemade Clam Chowder

Salad of the Day

Gazpacho Salad

Featured Entrees

Baked Cornish Game Hen

Lightly buttered baked Cornish hen stuffed with seasoned vegetables.


Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

Chicken Vesuvio

Seasoned chicken quarter sauteed and baked in a spicy pan sauce

Vegetable

 Steamed Wax Beans

Accompaniments

Rice Pilaf

Baked Cauliflower

Roasted Red Skin Potatoes

Featured Desserts

Dessert

Banana Cream Pie

Dessert

Honey Cake

Guiltless Pleasures

Reduced Sugar Banana Cream Pie

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

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

Brookdale Sunwest IL

Saturday, April 17, 2021

Seasonal Starters

Soup of the Season

Vegetable Bean Barley Soup

Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

Seasonal Entrees

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

Blackened Tilapia


Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniment

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Blackened Tilapia

Country Fried Steak

Seasonal Desserts

Ice Cream of the Month

Rainbow Sherbet

Cookie of the Month

Lemon Cookie

Fruit

 Chilled Pears

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



Brookdale Sunwest IL

Saturday, April 17, 2021

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Vegetable Salad with Sesame Dressing

Featured Entrees

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

Breaded Chicken Strips

Buttermilk breaded chicken breast strips flash fried to a golden brown.

Stir Fried Beef and Broccoli

Beef flank steak stir fried with broccoli, pea pods and red bell peppers.

Vegetable

Roasted Brussels Sprouts

Harvard Style Beets

Accompaniments

Mashed Potatoes

Macaroni and Cheese

Featured Desserts

Dessert

Cheesecake

Dessert

Coconut Cream Pudding

Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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