

Main Meal

Brookdale Meridian Lakewood

Sunday, October 18, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

Poached Salmon

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Herb Roasted Red Potatoes

 Steamed Broccoli

 Baked Potato

Buttered Beets


Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Spice Cake with Mocha
Frosting

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Butter
Pecan 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 Meridian Lakewood

Monday, October 19, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Stuffed Cabbage

Cabbage leaves filled with beef and rice, baked in a zesty tomato sauce.

Honey Mustard Chicken Thighs

Juicy, bone-in chicken with a honey and stoneground mustard glaze.

 **Poached Salmon**

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Rice with Mushrooms

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Coconut Cream Pie

 Fresh Fruit Cup

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Meridian Lakewood

Tuesday, October 20, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Country Fried Steak

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

 **Poached Salmon**

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Spinach

 Baked Potato


 Steamed Broccoli

Featured Desserts

Dessert

Yellow Cake with
Buttercream Frosting

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Meridian Lakewood
Wednesday, October 21, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Poached Salmon

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Cornbread Stuffing

 Steamed Acorn Squash

 Baked Potato

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Ice Cream of the Day

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Meridian Lakewood

Thursday, October 22, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Smothered Pork Chops

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

 **Poached Salmon**

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

 Baked Sweet Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Steamed Cabbage

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Crumb Pie

 Fresh Fruit Cup

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Meridian Lakewood

Friday, October 23, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Yankee Pot Roast

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

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Poached Salmon

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Fluffy White Rice

Peas with Carrots

 Baked Potato

 Steamed Beets

Featured Desserts

Dessert

Chocolate Brownies

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Meridian Lakewood

Saturday, October 24, 2020

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Salisbury Steak

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

Poached Salmon

Salmon fillet poached in a savory bouillion, served with a lemon wedge.

Filet Mignon

Seasoned beef tenderloin filet grilled until tender and juicy.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Whipped Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Boston Cream Pie Cake

 Fresh Fruit Cup

No Sugar Added Butter
Pecan Ice Cream

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