

Brookdale Meridian Westland

Sunday, December 5, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

 **Beef Goulash**

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Accompaniment

 Stir Fried Barley

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Mixed Melons

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

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



Brookdale Meridian Westland

Sunday, December 5, 2021

Featured Starters

Soup of the Day

Savory Mushroom Soup

Salad of the Day

Bacon, Egg, and Brussels Sprouts Salad

Featured Entrees

Roast Beef

Seasoned beef, slow roasted until tender.

 **Provencal Chicken**


Tender chicken breast served in a tomato, olive, garlic and wine sauce.


Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Vegetable

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Peas

Accompaniments

Roasted Horseradish Potatoes

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

French Silk Pie

Dessert

Pistachio Ambrosia

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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

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

Brookdale Meridian Westland

Monday, December 6, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

 **Beef Goulash**

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Accompaniment

Couscous with Herbs

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts


Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

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 Meridian Westland

Monday, December 6, 2021

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Lemony Carrot Salad with Dill

Featured Entrees

Turkey Fillet with Peppercorn Sauce

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

Savory Swiss Steak


Classic round steak cooked in a rich tomato sauce.

Baked Almond Crusted Flounder

Oven baked fillet of flounder encrusted with almonds and herbs.

Vegetable

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Cauliflower

Accompaniments

Au Gratin Potatoes

 Baked Potato

Featured Desserts

Dessert

Spice Cake with Mocha Frosting

Dessert

Orange Raisin Pudding

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Brookdale Meridian Westland

Tuesday, December 7, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

 **Beef Goulash**

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Accompaniment

Oven Brown Potatoes

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Pears

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Brookdale Meridian Westland

Tuesday, December 7, 2021

Featured Starters

Soup of the Day

Turkey Orzo Soup

Salad of the Day

Tossed Green Salad

Featured Entrees

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Beef Tips

Tender beef tips simmered in a mushroom gravy.

Vegetable


 Steamed Broccoli

Accompaniments

Buttered Noodles

Buttered Butternut Squash

Potato Onion Supreme

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Sugar Cookie

Dessert

Cranberry Pecan Pound Cake

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Brookdale Meridian Westland
Wednesday, December 8, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

Beef Goulash

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Baked Chicken

Lightly seasoned oven baked chicken breast.

Accompaniment

Potatoes Romanoff

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts


Ice Cream of the Month


Mint Chocolate Chip Ice
Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Chilled Peaches

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Brookdale Meridian Westland
Wednesday, December 8, 2021

Featured Starters

Soup of the Day

Creamy Lentil Soup

Salad of the Day

Greek Salad

Featured Entrees

Chicken Thighs Dijon

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

Navy Beans and Smoked Sausage


Seasoned navy beans simmered with smoked sausage.

Fried Tilapia Fillets


Breaded tilapia fillets flash fried to golden brown.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Wild Rice Blend

Parslied New Potatoes

Featured Desserts

Dessert

Cherry Pie

Dessert

Moose Tracks Ice Cream

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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

Brookdale Meridian Westland

Thursday, December 9, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

 **Beef Goulash**

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Accompaniment

Maple Sweet Potatoes

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Pineapple Chunks

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



Brookdale Meridian Westland

Thursday, December 9, 2021

Featured Starters

Soup of the Day

Beef Barley Soup

Salad of the Day

Potato Salad

Featured Entrees

Country Fried Steak

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

 **Herb Baked Haddock**

Baked haddock fillet marinated in white wine, mustard, and herbs.

 **Baked Stuffed Chicken**

Chicken breast filled with stuffing and served with a light pan sauce.

Vegetable

Roasted Carrots and Parsnips with Herbs

 Fresh Vegetable Blend

Accompaniments

Mashed Potatoes

Orzo Pilaf

Featured Desserts

Dessert

Cherry Gelatin

Dessert

Apple Cinnamon Tart

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Brookdale Meridian Westland

Friday, December 10, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

 **Beef Goulash**

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Accompaniment

Basmati Rice

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

Chilled Applesauce

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



Brookdale Meridian Westland

Friday, December 10, 2021

Featured Starters

Soup of the Day

Cream of Celery Soup

Salad of the Day

Chickpea Salad

Featured Entrees

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Simmered Beef Brisket


Tender beef brisket simmered with select herbs and seasonings until tender.

Lamb Curry


Cubes of lamb stewed until tender with curry and lemon.

Vegetable

Sauteed Spinach


Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Classic Lyonnaise Potatoes

 Roasted Rosemary Potatoes

Featured Desserts

Dessert

Pound Cake

Dessert

Chocolate Meringue Pie

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Brookdale Meridian Westland
Saturday, December 11, 2021

Seasonal Starters

Soup of the Season

Beef Barley Soup

Salad of the Season

Fall Salad

Seasonal Entrees

Beef Goulash

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

Roast Beef Wrap

Roast beef, apples, blue cheese & horseradish-sour cream in a flour tortilla.

Baked Chicken

Lightly seasoned oven baked chicken breast.

Accompaniment

Creamed Potatoes

Also Available

Roast Beef Wrap

Crumb Baked Pollock

Seasonal Desserts


Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Oatmeal Raisin Cookies

Fruit

 Fresh Fruit Cup

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



Brookdale Meridian Westland
Saturday, December 11, 2021

Featured Starters

Soup of the Day

Tomato Soup

Salad of the Day

White Bean Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Sautéed Mediterranean Chicken


Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

Beef in Red Wine Sauce


Lean beef with carrots, potatoes and onions in a rich red wine sauce.

Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Sautéed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Sweet Potato

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Apple Pie

Dessert

Cream Puffs

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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