Sunday, September 1, 2024

Brookdale Meridian Temple
Sunday, September 1, 2024

### **Seasonal Starters**

Soup of the Season Salad of the Season

Tomato Florentine Soup Southwest Pasta Salad

# **Featured Starters**

Soup of the Day Salad of the Day

Beef Barley Soup Tossed Green Salad

### **Seasonal Entrees**

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

#### Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

### Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

<u>Accompaniment</u> <u>Also Available</u>

Potatoes Romanoff

# **Featured Entrees**

### Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

#### **Butter Crumb Cod**

Baked cod fillet with a buttery bread crumb topping.

#### Garlic Chicken

Garlic marinated chicken quarters baked in the oven until tender.

Vegetable Accompaniments

Roasted Brussels Sprouts Oven Brown Potatoes

Baked Tomato Pasta with Vegetables

Item can be prepared as an \$\frac{1}{12}\$ Optimum Life Cuisine Option

# **Seasonal Desserts**

Ice Cream of the Month
Strawberry Ice Cream

Cookie of the Month Lemon Cookie Fruit

Mixed Melons

### **Desserts**

<u>Feature</u> <u>Feature</u>

Reduced Sugar Cherry Pie

**Guiltless Pleasures** 

Cherry Pie Tropical Hawaiian Delight

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

Monday, September 2, 2024

Brookdale Meridian Temple
Monday, September 2, 2024

Featured Starters

**Seasonal Starters** 

Soup of the Season Salad of the Season

Tomato Florentine Soup

Southwest Pasta Salad

Soup of the Day Salad of the Day

Cheddar Beer Soup

Chickpea Salad

### **Seasonal Entrees**

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

**Featured Entrees** 

Turkey Breast with Orange Glaze

Tender turkey breast simmered in a light orange sauce with prunes.

Beef Burgundy

Lean beef with mushrooms, carrots and onions in a wine sauce.

Baked Manicotti

Manicotti noodles stuffed with assorted cheeses then baked in tomato sauce.

Accompaniment Also Available <u>Vegetable</u> <u>Accompaniments</u>

Whipped Potatoes Buttered Zucchini Wild Rice Blend

Item can be prepared as an 🕏 Optimum Life Cuisine Option

Steamed Carrots Egg Noodles

### **Seasonal Desserts**

Ice Cream of the Month
Strawberry Ice Cream

Cookie of the Month
Lemon Cookie

Fruit

Mandarin Oranges

Feature

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Orange Creamsicle Cake

<u>Desserts</u>

Feature Guiltless Pleasures

Reduced Sugar Orange

Dreamsicle Cake

Berry Parfait

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

Tuesday, September 3, 2024

**Seasonal Starters** 

Soup of the Season Salad of the

Tomato Florentine Soup

Salad of the Season

Southwest Pasta Salad

**Seasonal Entrees** 

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniment Also Available

Baked Potato

Brookdale Meridian Temple

Tuesday, September 3, 2024

Featured Starters

Soup of the Day

Salad of the Day

Italian Wedding Soup

Bacon, Egg, and Brussels Sprouts Salad

**Featured Entrees** 

D Veal Piccata

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

Sesame Chicken

Lightly battered fried chicken served with a sweet and sour sauce.

Short Ribs Provencal

Beef short ribs cooked in a flavorful braising liquid until tender.

Vegetable

**Accompaniments** 

Steamed Chef's Vegetables

Pasta of the Day

Item can be prepared as an D Optimum Life Cuisine Option

Sauteed Sugar Snap Peas

Fried Rice

Item can be prepared as an 🕏 Optimum Life Cuisine Option

**Seasonal Desserts** 

Ice Cream of the Month
Strawberry Ice Cream

Cookie of the Month Lemon Cookie

 Feature

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Cookies and Cream Ice Cream Desserts Feature

Peach Cobbler

**Guiltless Pleasures** 

No Sugar Added Chocolate Ice Cream

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

Wednesday, September 4, 2024

**Seasonal Starters** 

Soup of the Season Salad of the Season

Tomato Florentine Soup Southwest Pasta Salad

**Seasonal Entrees** 

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniment Also Available

Couscous

**Seasonal Desserts** 

Ice Cream of the MonthCookie of the MonthStrawberry Ice CreamLemon Cookie

Fruit

Fresh Berry Cup

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

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Brookdale Meridian Temple

Wednesday, September 4, 2024

**Featured Starters** 

Soup of the Day Salad of the Day

Summer Squash Soup Vegetable Salad with Sesame Dressing

# **Featured Entrees**

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Breaded Pork Chop** 

Lightly seasoned boneless pork chop breaded and baked until tender.

**Turkey Medallions** 

Sauteed marinated turkey medallions with a mustard cream sauce.

Vegetable Accompaniments

Steamed Peas and Pearl Onions Stir Fried Barley

Buttered Corn Scalloped Potatoes

Item can be prepared as an D Optimum Life Cuisine Option

**Desserts** 

Feature <u>Feature</u> <u>Guiltless Pleasures</u>

Butterscotch Pie Spice Cake with Mocha

ce Cake with Mocha Reduced Sugar Custard Frosting Pie

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

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Thursday, September 5, 2024

**Seasonal Starters** 

Soup of the Season Salad of the Season

Tomato Florentine Soup

Southwest Pasta Salad

**Seasonal Entrees** 

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniment Also Available

**Duchess Potatoes** 

**Seasonal Desserts** 

 Ice Cream of the Month
 Cookie of the Month

 Strawberry Ice Cream
 Lemon Cookie

temon Cookie

Fruit

□ Pineapple Chunks

Brookdale Meridian Temple

Thursday, September 5, 2024

Featured Starters

Soup of the Day

Salad of the Day

Pasta Fagioli

Boston Lettuce Salad with Creamy Orange Shallot Dressing

**Featured Entrees** 

Tri-Tip Beef Roast

Garlic marinated beef served with pan grilled tomatoes and onions.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Roasted Chicken Quarters with Pineapple Salsa

Roasted chicken quarters topped with spicy pineapple salsa.

Vegetable

**Accompaniments** 

Sauteed Spinach

Herbed Potatoes

Item can be prepared as an 🖔 Optimum Life Cuisine Option

Braised Yellow Squash

Garden Blend Rice

Item can be prepared as an  ${\mbox{\ensuremath{\mbox{$\mbox{$\mbox{$\mbox{$\mbox{$\mbox{$}}$}}$}}}$  Optimum Life Cuisine Option

**Desserts** 

<u>Feature</u>

Feature

**Guiltless Pleasures** 

Vanilla Cream Pudding

Cherry Almond Tart

Reduced Sugar Vanilla Pudding

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Friday, September 6, 2024

**Seasonal Starters** 

Soup of the Season Salad of the Season

Tomato Florentine Soup Southwest Pasta Salad

Featured Starters
Soup of the Day Sala

Creamy Onion Soup

Pickled Beets Salad

Salad of the Day

**Seasonal Entrees** 

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Accompaniment Also Available

Rice and Vegetable Blend

**Featured Entrees** 

Brookdale Meridian Temple

Friday, September 6, 2024

Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

Cacciatore Braised Beef

Tender beef braised in tomato sauce with mushrooms, onions & peppers.

Donion Dijon Crusted Trout

Trout fillet coated in onions and Dijon mustard, baked to golden brown.

<u>Vegetable</u>

<u>Accompaniments</u>

**Buttered Green Beans** 

Baked Sweet Potato

Item can be prepared as an 50 Optimum Life Cuisine Option

Steamed California Mix

**Buttered Parslied Potatoes** 

**Seasonal Desserts** 

Ice Cream of the Month
Strawberry Ice Cream

Cookie of the Month Lemon Cookie Fruit
Chilled Applesauce

Feature

Desserts Feature

**Guiltless Pleasures** 

Strawberry Angel Cake

Chess Bars

Reduced Sugar Strawberry Cake

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Saturday, September 7, 2024

**Seasonal Starters** 

Soup of the Season Salad of the Season

Tomato Florentine Soup

Southwest Pasta Salad

**Seasonal Entrees** 

Chicken with Country Gravy Tender chicken breast served with a hearty, yet healthful pan gravy.

Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

Also Available Accompaniment

Curry Roasted Potatoes

**Seasonal Desserts** 

Ice Cream of the Month Strawberry Ice Cream Cookie of the Month Lemon Cookie

Fruit Chilled Peaches

Feature

Chocolate Cream Pie

Cinnamon Ice Cream

**Desserts** 

Feature

Chocolate Cream Pie

**Guiltless Pleasures** 

Reduced Sugar

Brookdale Meridian Temple

Saturday, September 7, 2024

**Featured Starters** 

Soup of the Day

Salad of the Day

Lentil and Potato Soup

Mixed Green Salad with Dressing

**Featured Entrees** 

Roast Pork Loin

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

Chicken in White Wine and Tarragon

Chicken breast roasted in wine and herbs.

Lamb Meatballs with Mint

Lamb meatballs cooked in a tomato, wine, and mint sauce.

Vegetable

Braised Collard Greens

Classic Lyonnaise Potatoes

**Accompaniments** 

Item can be prepared as an the Optimum Life Cuisine Option

Grilled Asparagus

Orzo Pilaf

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