

Main Meal

Brookdale Battery Park City

Sunday, May 2, 2021

Salad of the Day

Sweet and Tangy Coleslaw

Featured Entrees

Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

Herbed Pork and Apples

Herbed roast pork slowly cooked with apples and brown sugar.

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Macaroni and Cheese

Creamed Spinach

Potatoes Roasted with Garlic

Buttered Zucchini with Yellow Squash

Featured Desserts

Dessert

Cinnamon Crumb Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Cinnamon Streusel Cake

 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 Battery Park City

Monday, May 3, 2021

Salad of the Day

Cranberry Pineapple Gelatin Salad

Featured Entrees

 **Beef Burgundy**

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

Turkey Fillet with Peppercorn Sauce

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

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

 **Bistro Steak Sandwich with Horseradish Spread**

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Herbed Potatoes

 Steamed Green Beans

Orzo Pilaf

Roasted Broccoli

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Hello Dolly Dessert Bars

 Chilled Peaches

Applesauce Spice Bars

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Main Meal

Brookdale Battery Park City

Tuesday, May 4, 2021

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Mediterranean Style Cod**

Fillet of cod baked in a sauce with tomatoes, onions, olives and white wine.

Beef Brisket

Tender beef brisket slowly baked in the oven.

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

 **Bistro Steak Sandwich with Horseradish Spread**

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

 Steamed Brown Rice

 Grilled Asparagus

Dutch Potatoes

Braised Lima Beans

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Chocolate Cream Pie

 Fresh Fruit Bowl

Reduced Sugar
Chocolate Cream Pie

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Main Meal

Brookdale Battery Park City

Wednesday, May 5, 2021

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Spring Lamb Stew

A hearty stew of lamb, parsnips and carrots.

Baked Basa with Thyme, Garlic and Lemon

Paprika and thyme seasoned basa fillet baked and finished with lemon juice.

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Parslied New Potatoes

Peas with Carrots

Country Fried Sweet Potato

Baked Cauliflower

Featured Desserts

Dessert

Pear Crisp

Dessert

 Mixed Melons

Guiltless Pleasures

No Sugar Added Pear
Crumble

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Main Meal

Brookdale Battery Park City

Thursday, May 6, 2021

Salad of the Day

Triple Bean Salad

Featured Entrees

Chicken Thighs Dijon

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

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Creamy Noodle Kugel

 Steamed Chef's Vegetables

Warm Potato Salad

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mandarin Orange Cake

 Fresh Pineapple Cubes

Reduced Sugar Frosted
Orange Cake

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Main Meal

Brookdale Battery Park City

Friday, May 7, 2021

Salad of the Day

Tomato and Mushroom Plate

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

 Roasted Italian Herb Potatoes

 Steamed California Mix

Lemon Rice

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

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Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Apple Pie

 Fresh Fruit Cup

No Sugar Added Apple Pie

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Main Meal

Brookdale Battery Park City

Saturday, May 8, 2021


Salad of the Day

Mixed Greens with Pear and Pecans

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Salisbury Steak

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

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Bistro Steak Sandwich with Horseradish Spread

Lean beef served on a whole grain roll with a light horseradish spread.

Accompaniments

Cornbread Stuffing

Glazed Beets

Mashed Potatoes

Lyonnaise Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Red Velvet Cake

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Frosted
Red Velvet Cake

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