

Main Meal

Brookdale Santa Catalina
Sunday, December 5, 2021

Salad of the Day

Bacon, Egg, and Brussels Sprouts Salad

Featured Entrees

Roast Beef

Seasoned beef, slow roasted until tender.

Sole Florentine

Fillet of sole baked in a spinach wine sauce.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Roasted Horseradish Potatoes

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Risotto

Creamed Green Peas

Featured Desserts

Dessert

Coconut Cream Pie

Dessert

 Mixed Melons

Guiltless Pleasures

Reduced Sugar Coconut
Pudding

 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 Santa Catalina
Monday, December 6, 2021

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.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Au Gratin Potatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Spice Cake with Mocha
Frosting

 Mandarin Oranges

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale Santa Catalina
Tuesday, December 7, 2021

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.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Buttered Noodles

 Steamed Broccoli

Potato Onion Supreme

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mint Chocolate Mousse

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Mint
Chocolate Mousse

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Main Meal

Brookdale Santa Catalina

Wednesday, December 8, 2021

Salad of the Day

Greek Salad

Featured Entrees

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Oven Brown Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Parslied New Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peach Crumb Pie

 Chilled Peaches

No Sugar Added Peach
Pie

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Main Meal

Brookdale Santa Catalina
Thursday, December 9, 2021

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.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Mashed Potatoes

Roasted Carrots and Parsnips with
Herbs

Couscous

 Fresh Vegetable Blend

Featured Desserts

Dessert

S'mores Brownies

Dessert

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Santa Catalina
Friday, December 10, 2021

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

Simmered Beef Brisket

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

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

Classic Lyonnaise Potatoes

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 Roasted Rosemary Potatoes

Creamed Corn

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Glazed Lemon Cake

Chilled Applesauce

Reduced Sugar Frosted
Lemon Cake

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Main Meal

Brookdale Santa Catalina
Saturday, December 11, 2021

Salad of the Day

Wilted Lettuce Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Sauteed Mediterranean Chicken

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

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Beef Wrap

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

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Accompaniments

 Baked Sweet Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pumpkin Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Pumpkin
Pie

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