

Main Meal

Brookdale Westlake Village

Sunday, May 19, 2019


Salad of the Day

Spinach Salad with Strawberries

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

 **Baked Pollock**

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

Roasted Green Beans

Herb Stuffing

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Pecan Pie

 Fresh Melon Cup

Light Ice Cream Novelty

 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 Westlake Village

Monday, May 20, 2019

Salad of the Day

Kidney Bean Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

 **Baked Pollock**

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

Caramelized Carrots

 Spanish Rice

Roasted Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mint Brownie

 Chilled Pears

Light Ice Cream Novelty

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Main Meal

Brookdale Westlake Village

Tuesday, May 21, 2019

Salad of the Day

Tomato, Mozzarella and Basil Salad

Featured Entrees

Herb Roasted Chicken

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

 **Baked Pollock**

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

Glazed Beets

 Baked Potato

 Steamed Chef's Mixed Vegetables

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Carrot Cake

 Fresh Apple Slices

Light Ice Cream Novelty

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Main Meal

Brookdale Westlake Village

Wednesday, May 22, 2019

Salad of the Day

Broccoli Raisin Salad

Featured Entrees

Chicken and Wild Rice Casserole

Tender chicken, wild rice and fresh mushrooms baked in savory cream sauce.

Baked Cod

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

Baked Pollock

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Spinach

 Baked Sweet Potato

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Fruit of the Forest Pie

 Chilled Peaches

Light Ice Cream Novelty

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Main Meal

Brookdale Westlake Village

Thursday, May 23, 2019

Salad of the Day

Cranberry Pineapple Gelatin Salad

Featured Entrees

Cornmeal Fried Catfish

Catfish fillet in a buttermilk cornmeal breading fried until golden brown.

Salisbury Steak

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

Baked Pollock

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Potatoes

Braised Mushrooms

Featured Desserts

Dessert

Pound Cake with
Mandarin Oranges

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Light Ice Cream Novelty

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Main Meal

Brookdale Westlake Village

Friday, May 24, 2019

Salad of the Day

Caesar Salad

Featured Entrees

Veal Cutlets

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

Chicken Schnitzel

Breaded chicken breast sautéed and served with lemon caper sauce.

Baked Pollock

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Chef's Fresh Vegetables

Boiled Red Skin Potatoes

Sauteed Eggplant

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Chocolate Covered Ice
Cream Bar

 Fresh Watermelon

Light Ice Cream Novelty

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Main Meal

Brookdale Westlake Village

Saturday, May 25, 2019

Salad of the Day

Beet and Onion Salad with Bleu Cheese

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

Pork Chop with Peach Salsa

Tender boneless pork chop grilled and served with zesty peach salsa.

Baked Pollock

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

BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.


Accompaniments

Mashed Potatoes and Gravy

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Baked Beans

 Steamed Peas and Pearl Onions

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Cherry Pie

 Fresh Fruit Cup

Light Ice Cream Novelty

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