

Main Meal

Brookdale Parkplace
Sunday, October 25, 2020

Salad of the Day

Fresh Spinach Salad

Featured Entrees

Peppered Roast Beef

Lean beef round seasoned with peppercorns and slow roasted.

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Potato Onion Supreme

Glazed Butternut Squash

Pasta of the Day

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Dutch Apple Pie

 Mixed Melons

Applesauce Spice Bars

 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 Parkplace
Monday, October 26, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Grilled Hawaiian Chicken

Citrus marinated chicken breast grilled and topped with pineapple salsa.

West Indian Beef Stew

Beef simmered in a zesty tomato sauce, finished with a hint of rum.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Wild Rice Blend

Stewed Tomatoes

Parslied New Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Buttermilk Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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

Brookdale Parkplace
Tuesday, October 27, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

New England Codfish Cakes

Traditional New England fish cakes made fresh and panfried.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Au Gratin Potatoes

 Steamed Spaghetti Squash

Classic Lyonnaise Potatoes

Lemon Butter Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Bananas Foster

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Parkplace
Wednesday, October 28, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Apple Butter Pork Loin

Pork tenderloin roasted with a topping of cinnamon spiced apple butter.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Homestyle Potatoes

Tomato Basil Salad

Buttered Noodles


 Steamed Green Beans

Featured Desserts

Dessert

Chocolate Meringue Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Parkplace
Thursday, October 29, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Roast Turkey

Perfectly seasoned slow roasted turkey.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Homestyle Bread Stuffing

Honey Bourbon Glazed Pumpkin

Cranberry Rice Pilaf

Roasted Cauliflower

Featured Desserts

Dessert

Coconut Mousse

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Parkplace
Friday, October 30, 2020


Salad of the Day

Mixed Green Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Fresh Salmon Kabob

Marinated salmon broiled with mushrooms and bell peppers.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Homestyle Cheese Grits

Italian Style Brussels Sprouts

Mashed Potatoes

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pound Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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Main Meal

Brookdale Parkplace
Saturday, October 31, 2020

Salad of the Day

Mixed Green Salad

Featured Entrees

Veal Marsala

Pan fried tender veal cutlet served with a marsala wine reduction.

Tandoori Chicken with Apple Yogurt Sauce

Herb marinated chicken breast served with an apple-yogurt sauce.

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Hot Pork Sandwich

Roasted peppercorn pork with rosemary mayonnaise served on a kaiser bun.

Accompaniments

Rice Pilaf

Braised Bok Choy

 Roasted Italian Herb Potatoes

Roasted Corn and Peppers

Featured Desserts

Dessert

Lemon Ice Box Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

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