

Brookdale Westlake Hills
Sunday, January 17, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fall Fruit Cup

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



Brookdale Westlake Hills
Sunday, January 17, 2021

Featured Starters

Soup of the Day

Cream of Chicken Soup

Salad of the Day

Cucumber, Tomato and Feta Salad

Featured Entrees

 **Soy Ginger Glazed Salmon**

Broiled salmon fillet, glazed with honey, soy sauce and ginger.

BBQ Baby Back Ribs

Tender pork ribs cooked with a homemade BBQ glaze.

Biscuit and Sausage Gravy Dinner

Homemade biscuit and sausage gravy served with scrambled eggs.

Vegetable


Braised Mustard Greens

Accompaniments

Baked Beans

Corn on the Cob

 Baked Potato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Banana Bundt Cake

Dessert

Banana Bundt Cake

Guiltless Pleasures

Reduced Sugar Cherry Pie

 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 Hills

Monday, January 18, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Peaches

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

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Brookdale Westlake Hills

Monday, January 18, 2021

Featured Starters

Soup of the Day

French Onion Soup

Salad of the Day

Mixed Green Salad

Featured Entrees

Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Beef and Rice Casserole

Ground beef with rice, tomatoes, & kidney beans topped with cheese.

Vegetable


Root Vegetable Roast

Accompaniments

Orzo Pilaf

Sauteed Fresh Green Beans

 Baked Potato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Pecan Pie

Dessert

Pecan Pie

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

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

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Brookdale Westlake Hills

Tuesday, January 19, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Melon Cup

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

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Brookdale Westlake Hills

Tuesday, January 19, 2021

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Classic Greek Salad

Featured Entrees

Sautéed Scallops

Scallops sauteed in butter and garlic and garnished with fresh parsley.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Chicken Quesadilla

Grilled flour tortilla with chicken, tomatoes & Monterey Jack cheese.

Vegetable

Steamed Lima Beans

Accompaniments

Rice and Vegetable Blend

Braised Mushrooms

 Baked Potato

Featured Desserts

Dessert

Strawberry Cake

Dessert

Strawberry Rhubarb Pie

Guiltless Pleasures

No Sugar Added Apple Pie

 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 Hills

Wednesday, January 20, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month


Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Chilled Pears

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



Brookdale Westlake Hills

Wednesday, January 20, 2021

Featured Starters

Soup of the Day

Beef Vegetable Soup

Salad of the Day

Mixed Green Salad

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Vegetable

 Steamed Broccoli

Stewed Tomatoes

Accompaniments

Roasted Red Skin Potatoes

 Baked Potato

Featured Desserts

Dessert

Cherry Crisp

Dessert

Cherry Pie

Guiltless Pleasures

Sugar Free Lemon Gelatin

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

Thursday, January 21, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Bowl

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

We invite you to share your comments with your Dining Leaders.



Brookdale Westlake Hills

Thursday, January 21, 2021

Featured Starters

Soup of the Day

Tomato Vegetable Soup

Salad of the Day

Black Bean and Corn Salad

Featured Entrees

Citrus Baked Cod

Seasoned baked cod topped with lemon and orange zest.

Honey Dijon Glazed Ham

Premium smoked ham glazed with a savory honey Dijon sauce.

Cobb Salad

Chicken on greens with eggs, bleu cheese, bacon, avocado and tomato.

Vegetable

Roast Acorn Squash

Roasted Vegetables

Accompaniments

Wild Rice Blend

 Baked Potato

Featured Desserts

Dessert

Chocolate Pie

Dessert

Chocolate Cake

Guiltless Pleasures

Reduced Sugar Vanilla
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 Westlake Hills

Friday, January 22, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts

Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Cup

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

We invite you to share your comments with your Dining Leaders.



Brookdale Westlake Hills

Friday, January 22, 2021

Featured Starters

Soup of the Day

Chicken and Sausage Gumbo

Salad of the Day

Creamy Cole Slaw


Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

Oven Fried Chicken

Chicken quarters dredged in seasoned flour and oven fried until golden.

Item can be prepared as an  Optimum Life Cuisine Option

Coconut Fried Shrimp

Curry marinated shrimp encrusted with coconut and flash fried.

Vegetable


Orange Glazed Butternut Squash

Accompaniments

Onion Rings

Buttered Corn

 Baked Potato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Sweet Potato
Cheesecake

Dessert

Sweet Potato Cheesecake

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

 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 Hills

Saturday, January 23, 2021

Seasonal Starters

Soup of the Season

Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Accompaniment

 Baked Sweet Potato

Also Available

 Baked Whitefish with Lemon

Western Burger

Seasonal Desserts


Ice Cream of the Month

Butter Pecan Ice Cream

Cookie of the Month

M & M Cookies

Fruit

 Fresh Fruit Cup

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

We invite you to share your comments with your Dining Leaders.



Brookdale Westlake Hills

Saturday, January 23, 2021

Featured Starters

Soup of the Day

Potato and Bacon Soup

Salad of the Day

Mixed Green Salad

Featured Entrees

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Charbroiled Top Sirloin Steak

Beef sirloin steak grilled to perfection.

Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

Vegetable


Roasted Cauliflower with Cheddar Cheese
Sauce

Accompaniments

Sweet Potato Casserole

Braised Collard Greens

 Baked Potato

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Banana Cream Cake

Dessert

Banana Cream Pie

Guiltless Pleasures

No Sugar Added Peach
Cobbler

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