

Brookdale University Park IL/AL/MC

Sunday, October 18, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

 **Apple Stuffed Chicken**

Oven baked chicken breast filled with an apple and sage stuffing.

 **Baked Basa with Thyme, Garlic and Lemon**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Hush Puppies

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

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 University Park IL/AL/MC

Sunday, October 18, 2020

Featured Starters

Soup of the Day

Chicken Velvet Soup

Salad of the Day

Tossed 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

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

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

Vegetable

Yellow Squash Casserole

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Cornbread Dressing

Macaroni and Cheese

Featured Desserts

Dessert

Peach Layer Cake

Dessert

Peach Layer Cake

Guiltless Pleasures

Sugar Free Lime Gelatin

 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 University Park IL/AL/MC

Monday, October 19, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Walnut Apple Rice

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Chilled Peaches

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

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Brookdale University Park IL/AL/MC

Monday, October 19, 2020

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Mini Caesar Salad

Featured Entrees

Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

Chicken Piccata


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

Classic Cheese Lasagna

Layers of tender pasta baked with marinara sauce and 3 cheeses.

Vegetable

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Italian Style Broccoli

Accompaniments

Mashed Potatoes

Mashed Potatoes

Featured Desserts

Dessert

Chocolate Peanut Butter Pie

Dessert

Chocolate Peanut Butter Pie

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie

 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 University Park IL/AL/MC

Tuesday, October 20, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Herb and Cheese Gnocchi

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Melon Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale University Park IL/AL/MC

Tuesday, October 20, 2020

Featured Starters

Soup of the Day

Cream of Cauliflower Soup

Salad of the Day

Tossed Green Salad

Featured Entrees

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Chicken Fried Steak with Gravy


Hand breaded cube steak fried golden brown and served with chicken gravy.

Swedish Meatballs


Tender meatballs of pork and beef in a savory cream sauce.

Vegetable

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Yellow Rice

Yellow Rice

Featured Desserts

Dessert

Banana Cream Cake

Dessert

Banana Cream Pie

Guiltless Pleasures

Reduced Sugar Frosted
Vanilla 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 University Park IL/AL/MC

Wednesday, October 21, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Calico Home Fries

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

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 University Park IL/AL/MC

Wednesday, October 21, 2020

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Tomato and Onion Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.


Chicken Tenders

Golden baked breaded chicken tenders.

Zesty Meatloaf

Ground beef loaf topped with a ketchup and brown sugar glaze.

Vegetable

 Steamed Green Beans

Roasted Cauliflower

Accompaniments

 Brown Rice Pilaf with Herbs

Garlic Mashed Potatoes

Featured Desserts

Dessert

Apple Cranberry Crisp

Dessert

Apple Cranberry Crisp

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.

Brookdale University Park IL/AL/MC

Thursday, October 22, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Rice Blend

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

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 University Park IL/AL/MC

Thursday, October 22, 2020

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Tossed Green Salad

Featured Entrees

Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Vegetable

Roasted Brussels Sprouts

Accompaniments

Fettuccini Alfredo

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Strawberry Pie

Dessert

Strawberry Cream Pie

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.

Brookdale University Park IL/AL/MC

Friday, October 23, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts


Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Fruit Cup

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

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Brookdale University Park IL/AL/MC

Friday, October 23, 2020

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Broccoli Salad

Featured Entrees

Eggplant Parmesan

Breaded eggplant layered with cheese and Italian meat sauce and baked.

Fried Catfish


Breaded catfish fillet flash fried until golden brown.

Ham and Cheese Croissant Sandwich

Sliced ham with cheese, lettuce & tomato on a croissant.

Vegetable

Lemon Butter Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Creamed Corn

Accompaniments

Corn Nugget

Calico French Fries

Featured Desserts

Dessert

Strawberry Shortcake

Dessert

Strawberry Shortcake

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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

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Brookdale University Park IL/AL/MC

Saturday, October 24, 2020

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Tossed Green Salad

Seasonal Entrees

Apple Stuffed Chicken

Oven baked chicken breast filled with an apple and sage stuffing.

Baked Basa with Thyme, Garlic and Lemon

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Accompaniment

Potatoes Romanoff

Also Available

Chicken Tenders

Cheeseburger

Seasonal Desserts


Ice Cream of the Month


Vanilla Ice Cream

Cookie of the Month

Chocolate Chip Cookie

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 University Park IL/AL/MC

Saturday, October 24, 2020

Featured Starters

Soup of the Day

Potato Chowder

Salad of the Day

Tossed Green Salad

Featured Entrees

Buffalo Chicken Wings

Oven roasted chicken wings tossed in a hot Buffalo sauce.

Fourth of July Hamburger


All beef patty grilled served on a bun with fresh lettuce, tomato and onion.

Pigs in a blanket


Hot dogs folded into biscuit dough.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Onion Rings

Tater Tots

Featured Desserts

Dessert

Vanilla Cream Cake

Dessert

Vanilla Cream Cake

Guiltless Pleasures

Reduced Sugar Frosted
Chocolate Cake

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