

Main Meal

Brookdale North Scottsdale
Sunday, November 18, 2018

Salad of the Day

Wedge Salad

Featured Entrees

Chicken Marsala

Tender chicken breast served with a marsala wine mushroom sauce.

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Lemon Couscous

 Steamed Spaghetti Squash

Fingerling Potatoes with Fresh Herbs

Braised Red Cabbage

Featured Desserts

Dessert

Blueberry Pie

Dessert

 Fresh Melon Cup

Guiltless Pleasures

Mini Reduced Sugar
Banana Cream 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 North Scottsdale
Monday, November 19, 2018

Salad of the Day

Autumn Salad with Maple Balsamic Dressing

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Teriyaki Chicken with Julienne Vegetables

Teriyaki chicken quarters served with carrots, peppers and asparagus.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Scalloped Potatoes

Italian Style California Blend

Yellow Rice

 Steamed Zucchini

Featured Desserts

Dessert

Lemon Cupcake with
Lemon Frosting

Dessert

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Tapioca
Pudding

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Main Meal

Brookdale North Scottsdale
Tuesday, November 20, 2018

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Cornflake Chicken

Boneless breast of chicken coated with cornflake crust & baked until tender.

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

 Baked Potato

Orange Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Sauteed Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Spice Cake with Mocha
Frosting

 Fresh Apple Slices

Reduced Sugar Frosted
Spice Cake

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Main Meal

Brookdale North Scottsdale
Wednesday, November 21, 2018

Salad of the Day

Caesar Salad

Featured Entrees

Hungarian Goulash

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

Chicken Scaloppini

Tender chicken breast in a red wine sauce with sauteed bell peppers.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Buttered Noodles

Sauteed Kale

Item can be prepared as an  Optimum Life Cuisine Option

Potato Wedges

Creamed Spinach

Featured Desserts

Dessert

Peach Cobbler

Dessert

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale North Scottsdale
Thursday, November 22, 2018

Salad of the Day

Kidney Bean Salad

Featured Entrees

Turkey Thigh Roast

Tender and juicy turkey thigh lightly seasoned and slow roasted.

Ground Round Steak with Onions

Tender beef patties served with sauteed onions and tomato sauce.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Barley Pilaf

Braised Cabbage

 Pan Roasted Potatoes

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Tres Leches Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse Layer
Cake

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Main Meal

Brookdale North Scottsdale

Friday, November 23, 2018

Salad of the Day

Spinach Harvest Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

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

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Mashed Potatoes and Gravy

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

Stewed Tomatoes

Featured Desserts

Dessert

Pear Crisp

Dessert

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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Main Meal

Brookdale North Scottsdale
Saturday, November 24, 2018

Salad of the Day

Italian Salad

Featured Entrees

Sesame Chicken

Lightly battered fried chicken served with a sweet and sour sauce.

Sauteed Pork Medallions

Sauteed lean pork loin medallions with a light cucumber mustard sauce.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

Blackened Catfish

Cajun seasoned catfish cooked quickly in butter over high heat.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Accompaniments

Cornbread Stuffing

Green Beans Almondine

Whipped Sweet Potatoes

 Steamed Chef's Fresh Vegetables

Featured Desserts

Dessert

Pumpkin Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

Mini Reduced Sugar
Pumpkin Cream Pie

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