

Main Meal

Brookdale North Scottsdale

Sunday, August 19, 2018

## **Salad of the Day**

Marinated Vegetable Salad

## **Featured Entrees**

 **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

**Simmered Beef Brisket**

Tender beef brisket simmered with select herbs and seasonings until tender.

 **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

**Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

**California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Mashed Potatoes and Gravy

Green Beans with Onions and Bacon

Fingerling Potatoes with Fresh Herbs

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Key Lime Pie

 Fresh Melon Cup

Reduced Sugar Key  
Lime 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, August 20, 2018

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Baked Ham**

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

### **Barbecue Chicken Quarters**

Seasoned chicken quarters grilled with an apple barbecue sauce.

### **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

### **Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

### **California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Northern Beans

 Steamed Swiss Chard

 Baked Potato

Creole Style Yellow Squash

## **Featured Desserts**

### **Dessert**

Coconut Cream Pudding

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Coconut  
Pudding

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Main Meal

Brookdale North Scottsdale

Tuesday, August 21, 2018

## **Salad of the Day**

Carrots and Snap Peas Plate

## **Featured Entrees**

 **Seared Chicken with Fresh Pineapple, Ginger and Mint Salsa**  
Spice rubbed chicken breast served with fresh gingered pineapple mint salsa.

### **Herb Roast Loin of Pork**

Lean loin of pork rubbed with an herb blend and slow roasted.

### **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

### **Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

### **California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Couscous

Roasted Beets

Barley Pilaf

Sweet and Sour Cabbage

## **Featured Desserts**

### **Dessert**

Sponge Cake with  
Strawberries

### **Dessert**

 Fresh Apple Slices

### **Guiltless Pleasures**

Reduced Sugar Angel  
Food Cake

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Main Meal

Brookdale North Scottsdale  
Wednesday, August 22, 2018

## **Salad of the Day**

Boston Lettuce Salad with Creamy Orange Shallot Dressing

## **Featured Entrees**

### **Summer Braised Beef**

Tender beef simmered in tomato sauce, with a bell pepper medley.

### **Turkey Fillet with Peppercorn Sauce**

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

### **Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

### **California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Boiled Potatoes with Dill

 Steamed Broccoli

Classic Lyonnaise Potatoes

 Steamed Green Peas

## **Featured Desserts**

### **Dessert**

Fruit of the Forest Pie

### **Dessert**

 Chilled Peaches

### **Guiltless Pleasures**

No Sugar Added Mixed  
Berry Pie

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Main Meal

Brookdale North Scottsdale

Thursday, August 23, 2018

## **Salad of the Day**

Old Fashioned Kidney Bean Salad

## **Featured Entrees**

 **Baked Haddock**

Haddock baked in the oven with a squeeze of lemon juice.

**Salisbury Steak**

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

 **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

**Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

**California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Wild Rice Blend

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

 Steamed Spinach

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Chocolate Almond Cake

 Fresh Fruit Bowl

Reduced Sugar  
Chocolate Mint Layer  
Cake

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Main Meal

Brookdale North Scottsdale

Friday, August 24, 2018

## Salad of the Day

Italian Salad

## Featured Entrees

### Veal Scaloppini

Tender veal cutlet, pan fried and baked in a mushroom sauce.

### Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

### Sliced Breast of Chicken Sandwich

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

### Chicken Taco Salad


Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

### California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## Accompaniments

Pasta of the Day

 Fresh Asparagus and Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Sweet Potato Hash

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

### Dessert

### Guiltless Pleasures

Cherries Jubilee Ice  
Cream

 Fresh Strawberries

No Sugar Added Cherry  
Vanilla Ice Cream

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Main Meal

Brookdale North Scottsdale

Saturday, August 25, 2018

## **Salad of the Day**

Pickled Beets Salad

## **Featured Entrees**

**Roast Turkey Breast**

Slow roasted lightly seasoned turkey breast.

**Smothered Pork Chops**

Southern classic pan-fried pork chops covered in an onion gravy.

 **Sliced Breast of Chicken Sandwich**

Sliced breast of chicken served on wheat bread with lettuce, tomato & onion.

**Chicken Taco Salad**

Seasoned chicken, lettuce, tomatoes, avocado and salsa in a tortilla bowl.

**California Avocado Burger**

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

## **Accompaniments**

Cornbread Stuffing

Braised Fennel and Tomatoes

Oven Brown Potatoes

Lima Bean Medley

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Pecan Pie

 Fresh Fruit Cup

Reduced Sugar Custard  
Pie

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