

Main Meal

Brookdale North Scottsdale

Sunday, June 17, 2018

## **Salad of the Day**

Sweet Potato Salad

## **Featured Entrees**

**Yankee Pot Roast**

Beef pot roast slowly braised and served with a rich gravy.

**Pineapple Teriyaki Chicken**

Grilled chicken breast and pineapple with pineapple teriyaki 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**

Mashed Yukon Gold Potatoes

Braised Kale

Pinto Beans

Italian Style Zucchini

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Chocolate Cream Pie

 Mixed Melons

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, June 18, 2018

## **Salad of the Day**

Marinated Vegetable Salad

## **Featured Entrees**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Beef Tips**

Tender beef tips simmered in a mushroom 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**

Noodles Romanoff

Candied Carrots

Lemon Rice

Mixed Green Salad with Dressing

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Strawberry Shortcake

 Fresh Strawberries

Reduced Sugar  
Pineapple Upside Down  
Cake

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Main Meal

Brookdale North Scottsdale

Tuesday, June 19, 2018

## **Salad of the Day**

Spinach Citrus Salad

## **Featured Entrees**

### **Pork Chop with Stuffing**

Baked boneless pork chops with an onion sage stuffing.

### **Oven Fried Catfish**

A healthy oven fried alternative to traditional fried catfish.

### **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**

Hashbrown Potato Casserole

Zesty Stewed Tomatoes

Twice Baked Potato

Classic Coleslaw

## **Featured Desserts**

### **Dessert**

Peach Cobbler

### **Dessert**

 Fresh Apple Slices

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale North Scottsdale  
Wednesday, June 20, 2018

## **Salad of the Day**

Old Fashioned Kidney Bean Salad

## **Featured Entrees**

### **Szechuan Velvet Chicken**

Sauteed chicken with celery and scallions in a sesame-ginger sauce.

### **Ham with Pineapple**

Smoked ham slow roasted with brown sugar and pineapple.

### **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**

Homestyle Bread Stuffing

Corn with Pimiento

 Baked Sweet Potato

 Steamed Chef's Fresh Vegetables

## **Featured Desserts**

### **Dessert**

Strawberry Rhubarb Pie

### **Dessert**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Apple Cake

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Main Meal

Brookdale North Scottsdale

Thursday, June 21, 2018

## Salad of the Day

Garden Slaw


## Featured Entrees

### Confetti Meat Loaf

Lean ground beef meatloaf prepared with bell peppers and salsa.

### 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

### 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

Caramelized Carrots

Yellow Rice

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Desserts

### Dessert

### Dessert

### Guiltless Pleasures

Hello Dolly Dessert Bars

 Mandarin Oranges

Reduced Sugar Banana  
Pudding

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Main Meal

Brookdale North Scottsdale

Friday, June 22, 2018

## **Salad of the Day**

Wedge Salad

## **Featured Entrees**

 **Tilapia with Cucumber and Melon Salsa**

Baked tilapia topped with a fresh cucumber melon salsa.

**Cube Steak with Mushroom Sherry Sauce**

Cube steak simmered in a creamy mushroom 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**

Potato Wedges

Grilled Bok Choy

Item can be prepared as an  Optimum Life Cuisine Option

Barley Pilaf

Roasted Beets

## **Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Rum Cake

Tropical Fruit Cup

No Sugar Added Pound  
Cake

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Main Meal

Brookdale North Scottsdale

Saturday, June 23, 2018

## **Salad of the Day**

Tossed Green Salad

## **Featured Entrees**

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

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

### **Breaded Shrimp**

Lightly breaded and seasoned shrimp broiled until golden brown.

### **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

Braised Kale

Baked Corn Pudding

Garden Ratatouille

## **Featured Desserts**

### **Dessert**

Banana Chocolate  
Cream Pie

### **Dessert**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Reduced Sugar  
Blueberry Cobbler

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