

Brookdale North Scottsdale

Sunday, August 12, 2018

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Mixed Green Salad with Lime-Cilantro Dressing

**Seasonal Entrees**

**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.

**Accompaniment**

Fettuccini Alfredo

**Also Available**

Chicken Taco Salad

California Avocado Burger

**Seasonal Desserts**

**Ice Cream of the Month**

Rainbow Sherbet

**Cookie of the Month**

Oatmeal Raisin Cookies

**Fruit**

 Mixed Melons

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



Brookdale North Scottsdale

Sunday, August 12, 2018

**Featured Starters**

**Soup of the Day**

Onion Soup with Parmesan Croutons

**Salad of the Day**

Old Fashioned Kidney Bean Salad

**Featured Entrees**

**Roast Pork Shoulder**

Slow roasted boneless pork shoulder served with a light pan gravy.

**Seasoned Baked Cod with Lemon**

Fillet of cod seasoned with lemon juice, parsley and paprika.

**Orange Glazed Turkey**

Lean turkey breast baked with a tangy orange marmalade glaze.

**Vegetable**

 Fresh Vegetable Blend

**Accompaniments**

Homestyle Bread Stuffing

Peas with Mushrooms

Lemon Couscous

**Featured Desserts**

**Dessert**

Apple Brown Betty

**Dessert**

Ice Cream of the Day

**Guiltless Pleasures**

Applesauce Spice Bars

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## Main Meal

Brookdale North Scottsdale

Monday, August 13, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

Maple Sweet Potatoes

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Fresh Fruit Bowl

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Brookdale North Scottsdale

Monday, August 13, 2018

### Featured Starters

#### Soup of the Day

Corn Chowder

#### Salad of the Day

Southwestern Potatoes

### Featured Entrees

**Turkey Meatloaf with Feta and Sun Dried Tomatoes**  
A savory meatloaf of turkey, feta cheese and sundried tomatoes.

#### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

#### Veal Italiano


Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

#### Vegetable

Sauteed Corn

#### Accompaniments

Classic Duchess Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Beets

Country Fried Sweet Potato

### Featured Desserts

#### Dessert

Cherry Pie

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added  
Cherry Pie

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

Brookdale North Scottsdale

Tuesday, August 14, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

Roasted Red Skin Potatoes

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Apricot Halves

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

Tuesday, August 14, 2018

### Featured Starters

#### Soup of the Day

Garden Chili

#### Salad of the Day

Pickled Beets Salad

### Featured Entrees

#### Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

#### Grilled Breast of Chicken with Fruit Relish


Grilled breast of chicken served with a refreshing apricot ginger relish.

#### Beef Bourguignon

Tender beef with mushrooms, onions, and carrots, in a red wine sauce.

#### Vegetable

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Spinach

#### Accompaniments

Oven Brown Potatoes

Wild Rice Blend

### Featured Desserts

#### Dessert

Chocolate Mousse

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Mousse

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

Brookdale North Scottsdale

Wednesday, August 15, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

Rice Pilaf

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Fresh Watermelon Slices

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Brookdale North Scottsdale

Wednesday, August 15, 2018

### Featured Starters

#### Soup of the Day

Fresh Asparagus Soup

#### Salad of the Day

Mixed Greens Mediterranean Salad

### Featured Entrees

#### Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

#### Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

#### Beef Soft Tacos


Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

#### Vegetable

Braised Celery

#### Accompaniments

Hawaiian Baked Beans

 Steamed Green Beans

Mashed Potatoes and Gravy

### Featured Desserts

#### Dessert

Peach Upside Down Cake

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar Peach Mousse Cake

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

Brookdale North Scottsdale

Thursday, August 16, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

Garlic Whipped Potatoes

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Chilled Pears

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

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Brookdale North Scottsdale

Thursday, August 16, 2018

### Featured Starters

#### Soup of the Day

Chicken Tortilla Soup

#### Salad of the Day

Mini Caesar Salad

### Featured Entrees

#### Veal Cutlets

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

#### Blackened Catfish


Cajun seasoned catfish cooked quickly in butter over high heat.

#### Shepherd's Pie

Beef, carrots & mushrooms in beef gravy baked with a whipped potato crust.

#### Vegetable

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Collard Greens

#### Accompaniments

Potato Pancakes

Hush Puppies

### Featured Desserts

#### Dessert

Banana Cream Pie

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added Key Lime Mousse

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

## Main Meal

Brookdale North Scottsdale

Friday, August 17, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

 Pan Roasted Potatoes

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts

#### Ice Cream of the Month

Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

Chilled Applesauce

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

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Brookdale North Scottsdale

Friday, August 17, 2018

### Featured Starters

#### Soup of the Day

Cream of Carrot Soup

#### Salad of the Day

Bacon Ranch Pea Salad

### Featured Entrees

#### Chicken Tenders

Golden baked breaded chicken tenders.

#### Spice Rubbed Pork Chops

Boneless pork chop rubbed with cumin, paprika and chili powder.

#### Grilled Trout

Trout fillet lightly seasoned and grilled.

#### Vegetable

Bell Pepper, Tomato and Cucumber Salad

Buttered Zucchini with Yellow Squash

#### Accompaniments

Classic French Fries

Mashed Sweet Potatoes

### Featured Desserts

#### Dessert

Pound Cake with Mandarin Oranges

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added Pound Cake

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## Main Meal

Brookdale North Scottsdale

Saturday, August 18, 2018

### Seasonal Starters

#### Soup of the Season

Vegetable Soup with Sweet Basil

#### Salad of the Season

Mixed Green Salad with Lime-Cilantro Dressing

### Seasonal Entrees

#### 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.

#### Accompaniment

 Steamed Brown Rice

#### Also Available

Chicken Taco Salad

California Avocado Burger

### Seasonal Desserts


#### Ice Cream of the Month


Rainbow Sherbet

#### Cookie of the Month

Oatmeal Raisin Cookies

#### Fruit

 Fresh Fruit Cup

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

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Brookdale North Scottsdale

Saturday, August 18, 2018

### Featured Starters

#### Soup of the Day

Lentil and Potato Soup

#### Salad of the Day

Pineapple Carrot Raisin Salad

### Featured Entrees

#### Roast Beef with Au Jus

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

#### Almond and Lemon Crusted Fish


Fillet of fish encrusted with almonds and served with a garlic-lemon sauce.

#### Grilled Chicken with Apricot Glaze

Boneless breast of chicken grilled with a sweet apricot citrus glaze.

#### Vegetable

Sauteed Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Corn

#### Accompaniments

Potato Onion Supreme

Mediterranean Orzo

### Featured Desserts

#### Dessert

Rainbow Sherbet

#### Dessert

Ice Cream of the Day

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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