

Main Meal

Brookdale North Scottsdale

Sunday, November 18, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

Accompaniment

Garlic and Chive Mashed Potatoes

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Melon Cup

 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, November 18, 2018

Featured Starters

Soup of the Day

Cream of Vegetable Soup

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.

Mixed Seafood Paella

A Spanish rice dish with saffron cooked with seafood, sausage, & tomatoes.

Vegetable

 Steamed Spaghetti Squash

Accompaniments

Lemon Couscous

Braised Red Cabbage

Fingerling Potatoes with Fresh Herbs

Featured Desserts

Dessert

Blueberry Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

Mini Reduced Sugar
Banana Cream Pie

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

Brookdale North Scottsdale

Monday, November 19, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

Accompaniment

Hash Brown Potatoes

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Chilled Pears

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Brookdale North Scottsdale

Monday, November 19, 2018

Featured Starters

Soup of the Day

Tomato Orzo Soup

Salad of the Day

Vegetable Slaw

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.

Soy Ginger Chopped Steak

Seasoned ground beef steak, broiled and served on a bed of watercress.

Vegetable

Italian Style California Blend

 Steamed Zucchini

Accompaniments

Scalloped Potatoes

Yellow Rice

Featured Desserts

Dessert

Lemon Cupcake with Lemon Frosting

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Tapioca Pudding

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Main Meal

Brookdale North Scottsdale

Tuesday, November 20, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

Accompaniment

Rice Pilaf

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Fresh Apple Slices

 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

Tuesday, November 20, 2018

Featured Starters

Soup of the Day

Clam and Potato Soup with Sour Cream

Salad of the Day

Mixed Green 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.

Pulled Pork Sandwich


Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Vegetable

Orange Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Spice Cake with Mocha Frosting

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Frosted Spice Cake

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Brookdale North Scottsdale

Wednesday, November 21, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

 **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.

Accompaniment

Mashed Potatoes

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts


Ice Cream of the Month


Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Chilled Peaches

 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

Wednesday, November 21, 2018

Featured Starters

Soup of the Day

Savory Mushroom Soup

Salad of the Day

Sweet and Sour Cucumber Slices

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.

Traditional Beef Stroganoff

Braised beef served with a creamy mushroom gravy.

Vegetable

Sauteed Kale

Item can be prepared as an  Optimum Life Cuisine Option

Creamed Spinach

Accompaniments

Buttered Noodles

Potato Wedges

Featured Desserts

Dessert

Peach Cobbler

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Cherry Pie

 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

Thursday, November 22, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

🍴 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.

Accompaniment

🍴 Steamed Brown Rice

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts

Ice Cream of the Month

Cookies and Cream 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 North Scottsdale

Thursday, November 22, 2018

Featured Starters

Soup of the Day

Sweet Potato and Pear Soup

Salad of the Day

Fresh Spinach 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.

Pork Lo Mein

Chinese lo mein noodles tossed with stir-fried pork and vegetables.

Vegetable

Braised Cabbage

Glazed Carrots

Item can be prepared as an 🍴 Optimum Life Cuisine Option

Accompaniments

Barley Pilaf

🍴 Pan Roasted Potatoes

Featured Desserts

Dessert

Tres Leches Cake

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Chocolate Mousse Layer Cake

🍴 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
Friday, November 23, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

Accompaniment

Calico French Fries

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts


Ice Cream of the Month

Cookies and Cream Ice Cream

Cookie of the Month

Chocolate Chip Cookie

Fruit

 Mandarin Oranges

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale North Scottsdale
Friday, November 23, 2018

Featured Starters

Soup of the Day

White Bean and Escarole Soup

Salad of the Day

Chopped 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.

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

Vegetable

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Stewed Tomatoes

Accompaniments

Mashed Potatoes and Gravy

Macaroni and Cheese

Featured Desserts

Dessert

Pear Crisp

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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

Brookdale North Scottsdale

Saturday, November 24, 2018

Seasonal Starters

Soup of the Season

Chicken Corn Soup

Salad of the Season

Tomato, Avocado and Onion Salad

Seasonal Entrees

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.

Accompaniment

Wild Rice Blend

Also Available

Barbecue Beef Sandwich

Chicken Taco Salad with Black Bean Salsa

Seasonal Desserts


Ice Cream of the Month

Cookies and Cream 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 North Scottsdale

Saturday, November 24, 2018

Featured Starters

Soup of the Day

Garlic Onion Soup

Salad of the Day

Broccoli 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.

Seasoned Trout with Lemon


Trout fillet baked in the oven with a squeeze of lemon juice.

Vegetable

Green Beans Almondine

Accompaniments

Cornbread Stuffing

 Steamed Chef's Fresh Vegetables

Whipped Sweet Potatoes

Featured Desserts

Dessert

Pumpkin Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

Mini Reduced Sugar Pumpkin Cream Pie

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