

Main Meal

Brookdale North Scottsdale

Sunday, June 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

Sweet Potato Casserole

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, June 17, 2018

Featured Starters

Soup of the Day

Tomato Soup

Salad of the Day

Carrot and Pineapple 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.

 **Lemon Baked Cod**

Lemon marinated cod topped with sauteed onions and parsley.

Vegetable

Braised Kale

Accompaniments

Mashed Yukon Gold Potatoes

Italian Style Zucchini

Pinto Beans

Featured Desserts

Dessert

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

Main Meal

Brookdale North Scottsdale

Monday, June 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

Egg Noodles

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 Strawberries

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

Monday, June 18, 2018

Featured Starters

Soup of the Day

Beef Barley Soup

Salad of the Day

Peach Ambrosia 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.

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Vegetable

Candied Carrots

Accompaniments

Noodles Romanoff

Mixed Green Salad with Dressing

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Strawberry Shortcake

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Pineapple Upside Down
Cake

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

Tuesday, June 19, 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

Rosemary Potato Gratin

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 Apple Slices

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

Tuesday, June 19, 2018

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

Cucumber and Onion in Sour Cream 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.

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

Vegetable

Zesty Stewed Tomatoes

Accompaniments

Hashbrown Potato Casserole

Classic Coleslaw

Twice Baked Potato

Featured Desserts

Dessert

Peach Cobbler

Dessert

Ice Cream of the Day

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

 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

Wednesday, June 20, 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

Penne Pasta with Marinara Sauce

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

Wednesday, June 20, 2018

Featured Starters

Soup of the Day

Tomato Soup

Salad of the Day

Tossed Garden 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.

Salisbury Steak

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

Vegetable

Corn with Pimiento

Accompaniments

Homestyle Bread Stuffing

 Steamed Chef's Fresh Vegetables

 Baked Sweet Potato

Featured Desserts

Dessert

Strawberry Rhubarb Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Frosted Apple Cake

 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

Thursday, June 21, 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

Herb Seasoned 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

 Mandarin Oranges

 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, June 21, 2018

Featured Starters

Soup of the Day

Old Fashioned Chicken Noodle Soup

Salad of the Day

Fresh Spinach Salad


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

Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

Vegetable


Caramelized Carrots

Accompaniments

Mashed Potatoes and Gravy

Braised Collard Greens

Yellow Rice

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Hello Dolly Dessert Bars

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Banana Pudding

 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

Friday, June 22, 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

 Baked Sweet Potato

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

Tropical Fruit Cup

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

Friday, June 22, 2018

Featured Starters

Soup of the Day

Mushroom Barley Soup

Salad of the Day

Chopped 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.

Pork Lo Mein

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

Vegetable

Grilled Bok Choy

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Beets

Accompaniments

Potato Wedges

Barley Pilaf

Featured Desserts

Dessert

Rum Cake

Dessert

Ice Cream of the Day

Guiltless Pleasures

No Sugar Added Pound 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

Saturday, June 23, 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

Fried 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, June 23, 2018

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed 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.

Chicken Alfredo Over Pasta

Chicken and fettuccine in a creamy alfredo sauce.

Vegetable

Braised Kale

Garden Ratatouille

Accompaniments

Wild Rice Blend

Baked Corn Pudding

Featured Desserts

Dessert

Banana Chocolate Cream Pie

Dessert

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Blueberry Cobbler

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