

Cypress Village

Sunday, June 17, 2018

**Seasonal Starters**

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniment

 Baked Potato

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**


Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Brookdale Signature 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.



Cypress Village

Sunday, June 17, 2018

**Featured Starters**

Soup of the Day

French Onion Soup

Salad of the Day

Broccoli Raisin Salad


**Featured Entrees**

**Grilled Rib Eye**

Tender beef rib eye steak grilled to perfection.

**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

**Barbecued Shrimp**

Grilled shrimp basted with a tangy homemade barbecue sauce.

Vegetable

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Fried Okra

Accompaniments

Twice Baked Potato

Cheddar Grits

**Featured Desserts**

Dessert

Chocolate Cream Pie

Dessert

Peach Cobbler

Guiltless Pleasures

Reduced Sugar Classic Maple Mousse

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

Cypress Village

Monday, June 18, 2018

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Mixed Green Salad

**Seasonal Entrees**

**Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

**Accompaniment**

Baked Potato

**Also Available**

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**

**Ice Cream of the Month**

Vanilla Ice Cream

**Cookie of the Month**

Brookdale Signature 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.



Cypress Village

Monday, June 18, 2018

**Featured Starters**

**Soup of the Day**

Cream of Broccoli Soup

**Salad of the Day**

Santa Fe Salad

**Featured Entrees**

**Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

**Chili-Spiced Beef Stew**

Chili-spiced beef in a medley of onions, potatoes, carrots and tomatoes.

**Basa and Slaw Sandwich**

Creole seasoned basa served with a cabbage slaw on a whole wheat bun.

**Vegetable**

Steamed Spinach

Roasted Parsnips

**Accompaniments**

Roasted Red Skin Potatoes

Red Pepper Couscous

**Featured Desserts**

**Dessert**

Red Velvet Cake

**Dessert**

Apple Pecan Crisp

**Guiltless Pleasures**

Reduced Sugar Lemon  
Poppy Seed Angel  
Food Cake

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

Cypress Village

Tuesday, June 19, 2018

**Seasonal Starters**

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniment

 Baked Potato

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Brookdale Signature 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.



Cypress Village

Tuesday, June 19, 2018

**Featured Starters**

Soup of the Day

Italian Wedding Soup

Salad of the Day

Garbanzo Salad

**Featured Entrees**

**Herbed Pork and Apples**

Herbed roast pork slowly cooked with apples and brown sugar.

 **Mediterranean Style Cod**


Fillet of cod baked in a sauce with tomatoes, onions, olives and white wine.

**California Style Roasted Chicken**

Roasted chicken quarters simmered in white wine and lemon juice.

Vegetable

Buttered Spaghetti Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Cabbage

Accompaniments

Rice Blend

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Cranberry Whip

Dessert

Butterscotch Cheesecake

Guiltless Pleasures

No Sugar Added  
Cherry Pie

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

Cypress Village

Wednesday, June 20, 2018

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

**Accompaniment**

 Baked Potato

**Also Available**

Grilled Salmon Salad

Turkey and Cheese Croissant  
Sandwich

**Seasonal Desserts**

**Ice Cream of the Month**

Vanilla Ice Cream

**Cookie of the Month**

Brookdale Signature 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.



Cypress Village

Wednesday, June 20, 2018

**Featured Starters**

**Soup of the Day**

Baked Potato Soup

**Salad of the Day**

Triple Bean Salad

**Featured Entrees**

**Creamy Chicken Madeira**

Sauteed bone-in chicken quarter with a creamy madeira wine sauce.

**Cherry-Glazed Pan-Seared Lamb Chops**

Pan-seared lamb served with a sweet and sour cherry balsamic glaze.

**Sautéed Scallops**

Scallops sauteed in butter and garlic and garnished with fresh parsley.

**Vegetable**

Cream Style Corn

Roasted Asparagus

**Accompaniments**

Beet Risotto

Whipped Sweet Potatoes

**Featured Desserts**

**Dessert**

Strawberry Pie

**Dessert**

Chocolate Caramel  
Tortoise Cake

**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.

Cypress Village

Thursday, June 21, 2018

**Seasonal Starters**

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniment

 Baked Potato

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**

Ice Cream of the Month


Vanilla Ice Cream

Cookie of the Month

Brookdale Signature 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.



Cypress Village

Thursday, June 21, 2018

**Featured Starters**

Soup of the Day

Pizza Soup

Salad of the Day

Spinach Harvest Salad

**Featured Entrees**

**Savory Swiss Steak**

Classic round steak cooked in a rich tomato sauce.

**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

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Vegetable


Butternut Squash and Cranberries

Accompaniments

Mashed Potatoes and Gravy

Buttered Brussels Sprouts

Macaroni and Cheese

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Desserts**

Dessert

Blonde Brownies

Dessert

Lemon Chess Pie

Guiltless Pleasures

Reduced Sugar Carrot Cake

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

Cypress Village

Friday, June 22, 2018

**Seasonal Starters**

Soup of the Season

Vegetable Soup with Sweet Basil

Salad of the Season

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniment

 Baked Potato

Also Available

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Brookdale Signature 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.



Cypress Village

Friday, June 22, 2018

**Featured Starters**

Soup of the Day

New England Clam Chowder

Salad of the Day

Tomato Parmesan Salad

**Featured Entrees**

 **Tilapia with Cucumber and Melon Salsa**

Baked tilapia topped with a fresh cucumber melon salsa.

 **Beef Pepper Steak**


Lean beef, julienne bell pepper and onions sauteed with soy sauce.

**Bourbon Chicken Thighs**

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.


Vegetable

Sauteed Bok Choy

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Beets

Accompaniments

 Steamed Brown Rice

 Black Eyed Peas

**Featured Desserts**

Dessert

Rum Cake

Dessert

Apple Crumb Pie

Guiltless Pleasures

Reduced Sugar Apricot Cake

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

Cypress Village

Saturday, June 23, 2018

**Seasonal Starters**

**Soup of the Season**

Vegetable Soup with Sweet Basil

**Salad of the Season**

Mixed Green Salad

**Seasonal Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Grilled Salmon Salad**

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

**Turkey and Cheese Croissant Sandwich**

Sliced turkey with cheese, lettuce & tomato on a croissant.

**Accompaniment**

 Baked Potato

**Also Available**

Grilled Salmon Salad

Turkey and Cheese Croissant Sandwich

**Seasonal Desserts**

**Ice Cream of the Month**

Vanilla Ice Cream

**Cookie of the Month**

Brookdale Signature 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.



Cypress Village

Saturday, June 23, 2018

**Featured Starters**

**Soup of the Day**

Chicken Barley Soup

**Salad of the Day**

Sour Cream Cucumber Salad

**Featured Entrees**

**Creamy Mushroom Pork Chops**

Sautéed pork chops served with a light creamy mushroom sauce.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.


**Beef and Broccoli**

Tender beef and fresh broccoli stir-fried in a tangy sauce.

**Vegetable**

Roasted Broccoli

Sauteed Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

**Accompaniments**

Au Gratin Potatoes

Orzo Pilaf

**Featured Desserts**

**Dessert**

German Chocolate Pie

**Dessert**

Bread Pudding with  
Whiskey Cream

**Guiltless Pleasures**

Reduced Sugar Glazed  
Dutch Apple Cake

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