

Cypress Village

Sunday, April 22, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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, April 22, 2018

Featured Starters

Soup of the Day

White Bean and Escarole Soup

Salad of the Day

Greek Salad

Featured Entrees

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.


Honey Dijon Glazed Ham

Premium smoked ham glazed with a savory honey Dijon sauce.

Cod Roasted with Fresh Herbs

Lightly roasted cod topped with a lemon and breadcrumb crust.

Vegetable

 Grilled Vegetables

Peas with Mushrooms

Accompaniments

Scalloped Potatoes

Quinoa with Mushrooms and Herbs

Featured Desserts

Dessert

Mocha Cake

Dessert

Strawberry Mousse

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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

Monday, April 23, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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.
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Cypress Village

Monday, April 23, 2018

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Marinated Summer Slaw

Featured Entrees

Roast Sirloin of Beef with Gravy

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

 **Baked Snapper**


Fillet of snapper baked in the oven with a squeeze of lemon juice.

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.


Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Zucchini with Yellow Squash

Accompaniments

 Black Eyed Peas

Mashed Potatoes and Gravy

Featured Desserts

Dessert


Fruit of the Forest Pie

Dessert

Chess Bars

Guiltless Pleasures

Reduced Sugar Frosted
Vanilla 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, April 24, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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, April 24, 2018

Featured Starters

Soup of the Day

Potato and Bacon Soup

Salad of the Day

Beets and Onions Salad

Featured Entrees

Chicken Thighs with Mushroom Sauce

Sauteed lightly breaded chicken served with a light mushroom sauce.

Stewed Beef Tips

Tender cuts of beef simmered with onion, ginger and savory broth.


 **Seafood Newburg**

Sauteed scallops, shrimp, crab and tilapia in a light cream sauce.

Vegetable

 Steamed Spinach

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Garden Barley Pilaf

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mandarin Orange Cake

Dessert

Frosted Brownie

Guiltless Pleasures

No Sugar Added Apple 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, April 25, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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.
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Cypress Village

Wednesday, April 25, 2018

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Wedge Salad

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

Chicken Cacciatore


Chicken quarters braised in tomato sauce with mushrooms and peppers.

 **Baked Whitefish with Lemon**

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

Vegetable

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Beets

Accompaniments

Potatoes Roasted with Garlic

Parmesan Noodles

Featured Desserts

Dessert

Cheesecake

Dessert

Lemon Bars

Guiltless Pleasures

Reduced Sugar
Caribbean Cruise 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, April 26, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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, April 26, 2018

Featured Starters

Soup of the Day

Cream of Mushroom Soup

Salad of the Day

Carrot Raisin Salad

Featured Entrees

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Mojo Marinated Pork


Tender and juicy pork roast served with a spicy dipping sauce.

 **Grilled Tarragon Chicken**

Chicken breast marinated in olive oil, tarragon, garlic and dijon mustard.

Vegetable

Roasted Corn and Peppers

 Grilled Asparagus

Accompaniments

Tater Tots

Spanish Rice

Featured Desserts

Dessert

Peach Pie

Dessert

Boston Cream Cake

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.

Main Meal

Cypress Village

Friday, April 27, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado
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.
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Cypress Village

Friday, April 27, 2018

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Cucumber Dill Salad

Featured Entrees

Salisbury Steak

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

Baked Herbed Catfish


Seasoned catfish fillet topped with lemon garlic butter and baked.

Chicken Paprikash

Sauteed chicken thighs with bacon, paprika and sour cream.

Vegetable

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Curried Cauliflower

Accompaniments

Mashed Potatoes and Gravy

Couscous with Herbs

Featured Desserts

Dessert

Creamy Banana
Pudding

Dessert

Coconut Cake

Guiltless Pleasures

Sugar Free Raspberry
Gelatin

 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, April 28, 2018

Seasonal Starters

Soup of the Season

Corn and Squash Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Salmon Citrus Salad

Broiled salmon fillet with citrus salsa served on a bed of mixed greens.

Turkey, Bacon and Avocado Sandwich

Crisp bacon, turkey and avocado served on wheat bread.

Accompaniment

 Baked Potato

Also Available

Salmon Citrus Salad

Turkey, Bacon and Avocado 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, April 28, 2018

Featured Starters

Soup of the Day

Cream of Carrot Soup

Salad of the Day

Asparagus and Tomato Salad

Featured Entrees

 **Baked Tilapia**

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

 **Beef Mechado**

Slow roasted beef with hearty seasonings and vegetables.


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

Vegetable

Italian Style Brussels Sprouts

 Steamed Wax Beans

Accompaniments

Wild Rice Blend

Macaroni and Cheese with Bacon

Featured Desserts

Dessert

Glazed Lemon Pound Cake

Dessert

Coffee Mousse

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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