

Main Meal

Cypress Village

Sunday, November 11, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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, November 11, 2018

Featured Starters

Soup of the Day

Black Eyed Pea Soup

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Roast Sirloin of Beef with Gravy

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

Stir Fry Chicken and Vegetables


Chicken breast and fresh vegetables stir-fried with ginger and soy sauce.

Cajun Crawfish Pasta


Crawfish tails in a Cajun seasoned cream sauce over linguine.

Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Honey Bourbon Glazed Beets

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Fluffy White Rice

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Southern Peach
Cobbler

Dessert

Classic Tiramisu

Guiltless Pleasures

Sugar Free Lemon
Poppy Seed Cake

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

Cypress Village

Monday, November 12, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Cup

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Cypress Village

Monday, November 12, 2018

Featured Starters

Soup of the Day

Manhattan Clam Chowder

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Chicken Thighs Parmesan

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

Rosemary Lamb Chops

Tender lamb chops served with a rosemary gravy


Baked Mahi Mahi

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

Vegetable

 Steamed Zucchini

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Potatoes

Featured Desserts

Dessert


French Silk Pie

Dessert

Cinnamon Pecan Cake

Guiltless Pleasures

Sugar Free Chocolate
Chip Pumpkin Bars

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Main Meal

Cypress Village

Tuesday, November 13, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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

Tuesday, November 13, 2018

Featured Starters

Soup of the Day

Mushroom Barley Soup

Salad of the Day

Black Eyed Pea Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Chicken Ratatouille


Chicken sauteed with onions, tomatoes, zucchini, peppers and eggplant.

Salmon with Citrus Beurre Blanc Sauce

Seared fillet of salmon served with a lemon butter cream sauce.


Vegetable

Candied Carrots

 Steamed Green Beans

Accompaniments

Mashed Potatoes and Gravy

 Steamed Brown Rice

Featured Desserts

Dessert

Lemon Cheesecake

Dessert

Buttercrunch Cake

Guiltless Pleasures

No Sugar Added
Blueberry 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, November 14, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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, November 14, 2018

Featured Starters

Soup of the Day

Cheddar Beer Soup

Salad of the Day

Iceberg Wedge Salad

Featured Entrees

Cornmeal Fried Catfish

Catfish fillet in a buttermilk cornmeal breading fried until golden brown.

 **Braised Sirloin Tips**


Sirloin steak tips braised with onions in a red wine sauce.

 **Apple Cider Chicken**

Chicken breast served with apples and a creamy apple cider sauce.

Vegetable

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Balsamic Grilled Vegetables

Accompaniments

Homestyle Cheese Grits

 Baked Sweet Potato

Featured Desserts

Dessert

Banana Foster Cake

Dessert

Grilled Mango &
Poached Pear with Fruit
Yogurt Sauce

Guiltless Pleasures

Reduced Sugar Peach
Mousse Cake

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

Cypress Village

Thursday, November 15, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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

Thursday, November 15, 2018

Featured Starters

Soup of the Day

Chicken Gumbo Soup

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Veal Marsala with Mushrooms

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

 **Baked Whitefish with Lemon**


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


Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Vegetable

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Green Peas

Accompaniments

Roasted Red Skin Potatoes

Rice Pilaf

Featured Desserts

Dessert

Chocolate Peanut Butter Pie

Dessert

Cherry Pie

Guiltless Pleasures

Reduced Sugar Strawberry Cream Pie

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Main Meal

Cypress Village

Friday, November 16, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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, November 16, 2018

Featured Starters

Soup of the Day

Baked Potato Soup with Bacon

Salad of the Day

Cannellini Bean and Tomato Salad

Featured Entrees

Cranberry and Honey Glazed Chicken

Chicken breast baked with a honeyed cranberry glaze.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Vegetable

 Steamed Broccoli

Creamed Corn

Accompaniments

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Sweet Potato Fries

Featured Desserts

Dessert

Vanilla Frosted Sponge
Cake

Dessert

Pecan Pie

Guiltless Pleasures

Reduced Sugar
Cranberry Brunch Cake

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

Cypress Village

Saturday, November 17, 2018

Seasonal Starters

Soup of the Season

Mushroom Barley Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Breaded Baked Tilapia

Fillet of tilapia lightly breaded and baked until golden brown.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

Accompaniment

 Baked Potato

Also Available

 Dijon Chicken Sandwich

Steak and Spinach Salad

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

Saturday, November 17, 2018

Featured Starters

Soup of the Day

Split Pea with Ham Soup

Salad of the Day

Cucumber and Onion in Sour Cream Salad

Featured Entrees

Salisbury Steak

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

Blackened Basa

Cajun seasoned basa cooked quickly in butter over high heat.

Mediterranean Style Chicken

Chicken breast topped with mushrooms, olives, tomatoes and capers.

Vegetable

Roasted Cauliflower

Sauteed Fresh Vegetable Blend

Accompaniments

Lemon Risotto

Mashed Potatoes and Gravy

Featured Desserts

Dessert

Flan Cups

Dessert

Lemon Meringue Pie

Guiltless Pleasures

Sugar Free Brownie

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