

Main Meal

Freedom Village at Brandywine

Sunday, November 11, 2018

Salad of the Day

Bold Winter Greens Salad

Featured Entrees

Roast Pork Loin with Caramelized Peaches with Marjoram
Herb rubbed lean pork served with peaches in a sweet buttery sauce.

Tandoori Chicken

Slow roasted chicken seasoned with curry, cumin and turmeric.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Egg Noodles

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Anna Potatoes

Green Beans with Onions and Bacon

Featured Desserts

Dessert

Baked Apple

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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



Main Meal

Freedom Village at Brandywine

Monday, November 12, 2018

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet


Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

White Rice

 Steamed Carrots

Boiled Parslied Potatoes

 Roasted Squash and Fennel with Thyme

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Mixed Berry Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Main Meal

Freedom Village at Brandywine

Tuesday, November 13, 2018

Salad of the Day

Cauliflower Salad

Featured Entrees

Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

Cod Roasted with Fresh Herbs

Lightly roasted cod topped with a lemon and breadcrumb crust.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Pan Seared Salmon

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Garlic Mashed Potatoes

Broccoli and Cauliflower Au Gratin

Herb Seasoned Rice


 Steamed Asparagus

Featured Desserts

Dessert

Coconut Cream Pudding

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Freedom Village at Brandywine
Wednesday, November 14, 2018

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Soy Ginger Flank Steak

Broiled lean beef flank steak, marinated in soy sauce, ginger and garlic.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Pan Seared Salmon

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Rice Pilaf

Dilled Brussels Sprout Medley

Macaroni and Cheese

Stewed Tomatoes

Featured Desserts

Dessert

Marble Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Freedom Village at Brandywine

Thursday, November 15, 2018

Salad of the Day

Warm Kale Salad

Featured Entrees

Calves Liver with Bacon and Onions

Pan fried calves liver with sauteed onions and crisp bacon.

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Herb Stuffing

Glazed Butternut Squash

Mashed Potatoes

 Steamed Green Peas

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Peach Crumb Pie

 Fresh Fruit Cup

No Sugar Added Ice
Cream of the Day

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Main Meal

Freedom Village at Brandywine

Friday, November 16, 2018

Salad of the Day

Fennel Slaw

Featured Entrees

 **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

Italian Sausage with Peppers and Onions

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

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Quinoa with Mushrooms and Herbs

Whipped Carrots and Parsnips

Mashed Potatoes

Sauteed Red Onions

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Vanilla Frosted Sponge
Cake

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Freedom Village at Brandywine

Saturday, November 17, 2018

Salad of the Day

Cucumber and Onion in Sour Cream Salad

Featured Entrees

Roast Rack of Lamb with Mint

Tender lamb chop cooked with a Dijon mint crust.

 **Barbecue Salmon Medallions**

Spice rubbed salmon baked and basted with barbecue sauce.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Accompaniments

Spanish Rice

 Snow Peas with Orange

Homestyle Grits

 Roasted Zucchini and Pesto

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Mint Brownie

 Fresh Fruit Cup

No Sugar Added Ice
Cream of the Day

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