

Main Meal

Freedom Village at Brandywine

Sunday, June 17, 2018

Salad of the Day

Sweet Potato Salad

Featured Entrees

Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

 **Sole Florentine**

Fillet of sole baked in a spinach wine sauce.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Boiled Red Skin Potatoes

Lemon Butter Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mushroom Risotto

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Chocolate Cream Pie

 Fresh Fruit Cup

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, June 18, 2018

Salad of the Day

Marinated Vegetable Salad

Featured Entrees

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

 **Ginger Beef**

Beef stir fried in a ginger soy sauce.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

White Rice

Glazed Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Sauteed Snow Pea Bok Choy Mix

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Tropical Pineapple Cake

 Fresh Fruit Cup

No Sugar Added Ice
Cream of the Day

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Main Meal

Freedom Village at Brandywine

Tuesday, June 19, 2018

Salad of the Day

Spinach Citrus Salad

Featured Entrees

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

Old-Fashioned Chicken Fricassee

Classic stew of chicken breast and vegetables simmered in white wine.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Buttered Noodles

 Roasted Zucchini and Pesto

Potato Wedges

Braised Mushrooms

Featured Desserts

Dessert

Raspberry Sherbet

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, June 20, 2018

Salad of the Day

Old Fashioned Kidney Bean Salad

Featured Entrees

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Lamb Curry

Cubes of lamb stewed until tender with curry and lemon.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Macaroni and Cheese

Collard Greens and Bacon

Cilantro Rice

Stewed Tomatoes

Featured Desserts

Dessert

Apple Crumb 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

Thursday, June 21, 2018

Salad of the Day

Garden Slaw

Featured Entrees

 **Beef Burgundy**

Lean beef with mushrooms, carrots and onions in a wine sauce.

 **Poached Cod with Tomato**

Flaky white cod simmered in white wine sauce, saffron, and tomato.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Herbed Potatoes

Carrot Soufflé

 Brown Rice Pilaf with Herbs

Buttered Artichoke

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Creamy Banana
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

Friday, June 22, 2018

Salad of the Day

Wedge Salad

Featured Entrees

Chicken Marsala

Tender chicken breast served with a marsala wine mushroom sauce.

Prime Rib

Slow roasted seasoned rib roast served with natural juices.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Mashed Potatoes

Creamed Spinach with Bacon

Wild Rice Pilaf With Cranberries

 Steamed Asparagus

Featured Desserts

Dessert

Rum 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, June 23, 2018

Salad of the Day

Tossed Green Salad

Featured Entrees

German Bratwurst with Sauerkraut

Bratwurst simmered with sauerkraut and onion.

Bourbon Chicken

Pan seared chicken breasts cooked in a sweet gingered bourbon sauce.

 **Lemon and Raisin Trout**

Lightly poached trout served in a flavorful lemon sauce with raisins.

Soy Ginger Flank Steak Salad over Cold Noodles

Soy ginger marinated grilled steak served over cold noodle salad.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Cauliflower Potatoes

Peas with Carrots

Quinoa with Mushrooms and Herbs

Yellow Squash Casserole

Featured Desserts

Dessert

Blueberry Pie

Dessert

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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