

Main Meal

Freedom Village at Brandywine

Sunday, August 19, 2018

Salad of the Day

Marinated Vegetable Salad

Featured Entrees

Tandoori Chicken

Slow roasted chicken seasoned with curry, cumin and turmeric.

Homestyle Beef Stew

Slow cooked beef simmered with celery, onions and carrots.

 **Thai Style Mahi Mahi**

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

Accompaniments

Egg Noodles

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Scalloped Potatoes

Green Beans with Onions and Bacon

Featured Desserts

Dessert

Key Lime Pie

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, August 20, 2018

Salad of the Day

Tossed Garden Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

 **Thai Style Mahi Mahi**

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog


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

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

Dessert

Guiltless Pleasures

Coconut Cream Pudding

 Fresh Fruit Cup

No Sugar Added Ice Cream of the Day

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Main Meal

Freedom Village at Brandywine

Tuesday, August 21, 2018

Salad of the Day

Carrots and Snap Peas Plate

Featured Entrees

Baked Sole with White Wine Dill Sauce

Rolled sole fillets served with a white wine and dill sauce.

Crunch Topped Pork Chops

Boneless seasoned pork chops topped with a savory crumb topping.

 **Thai Style Mahi Mahi**

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

Accompaniments

Garlic and Chive Mashed Potatoes

Broccoli and Cauliflower Au Gratin

Herb Seasoned Rice

 Steamed Asparagus

Featured Desserts

Dessert

Sponge Cake with
Strawberries

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, August 22, 2018

Salad of the Day

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Soy Ginger Flank Steak

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

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Thai Style Mahi Mahi

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

Accompaniments

Rice Pilaf

Dilled Brussels Sprout Medley

Macaroni and Cheese

Stewed Tomatoes

Featured Desserts

Dessert

Fruit of the Forest 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, August 23, 2018

Salad of the Day

Old Fashioned Kidney Bean Salad

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Beef Liver with Spanish Sauce

Sautéed beef liver baked in an aromatic tomato sauce.

Thai Style Mahi Mahi

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

Accompaniments

Herb Stuffing

Glazed Butternut Squash

Mashed Potatoes

 Steamed Green Peas

Featured Desserts

Dessert

Chocolate Almond 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

Friday, August 24, 2018

Salad of the Day

Italian Salad

Featured Entrees

Italian Sausage with Peppers and Onions

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

 **Chicken Breast with Mushroom Cream Sauce**

Sauteed breast of chicken served with a shiitake cream sauce.

 **Thai Style Mahi Mahi**

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

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

Cherries Jubilee Ice
Cream

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, August 25, 2018

Salad of the Day

Pickled Beets Salad

Featured Entrees

Grilled Chicken with Mango and Pineapple Chutney

Grilled chicken breast topped with a warm mango pineapple compote.

Roast Rack of Lamb with Mint

Tender lamb chop cooked with a Dijon mint crust.

 **Thai Style Mahi Mahi**

Mahi mahi marinated in ginger, garlic, chili sauce and soy sauce.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Jumbo All Beef Hot Dog

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

Accompaniments

Spanish Rice

 Snow Peas with Orange

Homestyle Potatoes

 Roasted Zucchini and Pesto

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Pecan Pie

 Fresh Fruit Cup

No Sugar Added Ice
Cream of the Day

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