

**Freedom Village at Brandywine**  
Sunday, February 17, 2019

### **Starters**

Cream of Vegetable Soup

Beet Salad with Feta Cheese

Chicken Noodle Soup

Caesar Salad

### **Seasonal Entrees**

#### **🍴 Sautéed Pork Chop**

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

#### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

#### **Classic Cheese Omelet**

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

#### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.


### **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Sweet Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Broccoli

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

**Freedom Village at Brandywine**  
Sunday, February 17, 2019

### **Featured Entrees**

#### **🍴 Swordfish Veracruz**

Fillet of swordfish baked with tomatoes, capers, olives and almonds.

#### **Roast Beef with Au Jus**

Seasoned beef, slow roasted until tender, served with Au Jus.

#### **Chicken Madeira**

Sautéed chicken with asparagus, mozzarella & a mushroom wine sauce.

#### **Chef's Special**

### **Accompaniments**

🍴 Steamed Green Beans

Lemon Couscous

Braised Mustard Greens

Fingerling Potatoes with Fresh Herbs

### **Desserts**

Banana Cream Pie

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Monday, February 18, 2019

### **Starters**

Tomato Florentine Soup

Fresh Spinach Salad

Chicken Noodle Soup

Caesar Salad

### **Seasonal Entrees**

#### **🍴 Sautéed Pork Chop**

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

#### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

#### **Classic Cheese Omelet**

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

#### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.

### **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Spinach

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**Freedom Village at Brandywine**  
Monday, February 18, 2019

### **Featured Entrees**

#### **Beef Bourguignon**

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

#### **Turkey Divan**

Sliced turkey breast and broccoli covered in a rich cream sauce.

#### **Salmon Croquettes**

A lightly crusted flaked salmon cake fried to a golden brown.

#### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

### **Accompaniments**

Creamed Spinach

Scalloped Potatoes

Braised Mushrooms

Yellow Rice

### **Desserts**

Tapioca Pudding

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Tuesday, February 19, 2019

## **Starters**

Garden Chili

Mixed Greens Mediterranean Salad

Chicken Noodle Soup

Caesar Salad

## **Seasonal Entrees**

### **🍴 Sautéed Pork Chop**

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

### **Classic Cheese Omelet**

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

### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.

## **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Sweet Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Spinach

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**Freedom Village at Brandywine**  
Tuesday, February 19, 2019

## **Featured Entrees**

### **🍴 Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

### **Veal Parmesan**

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

### **Baked Tilapia with Pineapple Salsa**

Tilapia fillet served with a chilled bell pepper, onion and pineapple salsa.

Item can be prepared as an 🍴 Optimum Life Cuisine Option

### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

## **Accompaniments**

Lima Bean Medley

Homestyle Potatoes

Roasted Cauliflower

Pasta of the Day

Item can be prepared as an 🍴 Optimum Life Cuisine Option

## **Desserts**

Spice Cake with Mocha  
Frosting

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Wednesday, February 20, 2019

### **Starters**

Navy Bean and Ham Soup

Iceberg Wedge Salad

Chicken Noodle Soup

Caesar Salad

### **Seasonal Entrees**

#### **🍴 Sauteed Pork Chop**

Lean boneless pork chops lightly seasoned and sauteed in olive oil.

#### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

#### **Classic Cheese Omelet**

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

#### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.


### **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Broccoli

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**Freedom Village at Brandywine**  
Wednesday, February 20, 2019

### **Featured Entrees**

#### **Shrimp Scampi**

Butterflied shrimp broiled with lemon garlic butter.

#### **Chicken Cacciatore**

Chicken quarters braised in tomato sauce with mushrooms and peppers.

#### **Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

#### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

### **Accompaniments**

Roasted Parsnips and Butternut Squash

Golden Rice

Stewed Tomatoes

Macaroni and Cheese

### **Desserts**

Cherry Cobbler

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Thursday, February 21, 2019

### **Starters**

Potato Leek Soup

Bold Winter Greens Salad

Chicken Noodle Soup

Caesar Salad

### **Seasonal Entrees**

#### **🍴 Sauteed Pork Chop**

Lean boneless pork chops lightly seasoned and sauteed in olive oil.

#### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

#### **Classic Cheese Omelet**

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

#### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.

### **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Sweet Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Broccoli

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**Freedom Village at Brandywine**  
Thursday, February 21, 2019

### **Featured Entrees**

#### **Blackened Catfish**

Cajun seasoned catfish cooked quickly in butter over high heat.

#### **Ground Round Steak with Onions**

Tender beef patties served with sauteed onions and tomato sauce.

#### **Chicken and Dumplings**

Tender pieces of chicken in a rich gravy served with homemade dumplings.

#### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

### **Accompaniments**

Braised Kale

🍴 Spanish Rice

🍴 Steamed Beets

🍴 Pan Roasted Potatoes

### **Desserts**

Texas Sheet Cake

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Friday, February 22, 2019

## **Starters**

Manhattan Clam Chowder

Waldorf Salad

Chicken Noodle Soup

Caesar Salad

## **Seasonal Entrees**

### **🍴 Sautéed Pork Chop**

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

### **Classic Cheese Omelet**

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

### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.

## **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Broccoli

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**Freedom Village at Brandywine**  
Friday, February 22, 2019

## **Featured Entrees**

### **German Bratwurst with Sauerkraut**

Bratwurst simmered with sauerkraut and onion.

### **Prime Rib**

Slow roasted seasoned rib roast served with natural juices.

### **Crab Cake**

A fried cake of crabmeat, bread crumbs, onion and chiles.


### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

## **Accompaniments**

Glazed Carrots

Hot German Potato Salad

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Brussels Sprouts

Parslied Buttered Noodles

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

New York Style  
Cheesecake

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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**Freedom Village at Brandywine**  
Saturday, February 23, 2019

### **Starters**

Corn Chowder

Tomato and Mozzarella Plate

Chicken Noodle Soup

Caesar Salad

### **Seasonal Entrees**

#### **🍴 Sautéed Pork Chop**

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

#### **Roasted Chicken Quarters with Garlic and Herbs**

Seasoned chicken quarters, roasted to perfection

#### **Classic Cheese Omelet**

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

#### **Roast Beef Sandwich with Roasted Red Onion**

Roast beef, roasted sweet red onions and mayonnaise served on a French roll.


### **Resident Favorites**

🍴 Poached Salmon

🍴 Baked Sweet Potato

🍴 New York Strip Steak with Whiskey  
Mushroom Sauce

🍴 Steamed Spinach

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**Freedom Village at Brandywine**  
Saturday, February 23, 2019

### **Featured Entrees**

#### **Chicken Chasseur**

Stewed chicken quarters with mushroom, tomato, and fine herbs.

#### **Roasted Pork**

Lean pork loin rubbed with herbs and slow roasted until tender.

#### **🍴 Baked Flounder**

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

#### **Filet Mignon**

Seasoned beef tenderloin filet grilled until tender and juicy.

### **Accompaniments**

Green Bean Casserole

Mashed Potatoes and Gravy

🍴 Steamed Chef's Fresh Vegetables

Pasta with Tomato Basil Sauce

### **Desserts**

Pumpkin Pie

Chocolate Chip Cookie

No Sugar Added Ice  
Cream of the Day

Brookdale Signature  
Cookie

Ice Cream Sundae

🍴 Fresh Fruit Cup

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