

Main Meal

Freedom Village at Bradenton

Sunday, February 17, 2019

Salad of the Day

Tossed Green Salad

Featured Entrees

Roast Sirloin of Beef with Gravy

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

Eggplant Parmesan

Breaded eggplant layered with cheese and Italian meat sauce and baked.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Baked Flounder

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Asparagus

Pasta of the Day

Stewed Tomatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Apple Crisp

Dessert

 Fresh Fruit Bowl

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.



Main Meal

Freedom Village at Bradenton

Monday, February 18, 2019

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Red Beans with Sausage

Seasoned red beans simmered with kielbasa.

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

 **Italian Roasted Chicken**

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

 **Baked Flounder**

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

Spanish Rice

 Grilled Vegetables

Mashed Potatoes

 Steamed Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Classic Baklava

 Fresh Fruit Bowl

Sugar Free Chocolate
Chip Cookie

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Main Meal

Freedom Village at Bradenton

Tuesday, February 19, 2019

Salad of the Day

Mixed Greens Mediterranean Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Baked Flounder

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

Buttered Noodles

Lemon Butter Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Lemon Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Strawberry Jell-O
Shooter

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Main Meal

Freedom Village at Bradenton
Wednesday, February 20, 2019

Salad of the Day

Tomato and Cucumber Salad

Featured Entrees

Beef and Broccoli

Tender beef and fresh broccoli stir-fried in a tangy sauce.

Chicken Marengo

Tender light meat chicken served in a hearty tomato mushroom sauce.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Baked Flounder

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

White Rice

 Steamed Snow Pea Bok Choy Mix

Mashed Potatoes

Roasted Beets

Featured Desserts

Dessert

Peach Cobbler

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Frosted
Vanilla Cake

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Main Meal

Freedom Village at Bradenton

Thursday, February 21, 2019

Salad of the Day

Kidney Bean Salad

Featured Entrees

Orange Glazed Chicken

Juicy chicken quarters baked with a tangy orange glaze.

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Baked Flounder

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

Couscous with Herbs

Sauteed Zucchini with Peppers and Onions

Mashed Potatoes

 Steamed Carrots

Featured Desserts

Dessert

Pound Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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Main Meal

Freedom Village at Bradenton

Friday, February 22, 2019

Salad of the Day

Spinach Harvest Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

 **Italian Roasted Chicken**

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

 **Baked Flounder**

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

Cheddar Grits

Parmesan Tomato

Mashed Potatoes

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Strawberry Ice Cream

 Fresh Fruit Bowl

Sugar Free Orange
Gelatin

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Main Meal

Freedom Village at Bradenton

Saturday, February 23, 2019

Salad of the Day

Italian Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Baked Flounder

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

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Accompaniments

French Fried Potatoes

Collard Greens and Bacon

Mashed Potatoes

Buttered Parsnip

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Chocolate Meringue Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

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