

Main Meal

Freedom Village at Bradenton

Sunday, October 21, 2018

Salad of the Day

Fresh Spinach Salad

Featured Entrees

 **Cod Piccata**

Lightly sautéed cod served with a lemon caper sauce.

Whiskey Glazed Ham

Tender baked ham covered in a sweet bourbon glaze.

 **Italian Roasted Chicken**

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

 **Baked Tilapia**


Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

 Baked Potato

 Steamed Peas and Pearl Onions

Mashed Potatoes

Braised Mushrooms

Featured Desserts

Dessert

Red Velvet Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Cherry
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, October 22, 2018

Salad of the Day

Sweet Slaw

Featured Entrees

Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

 **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

 **Italian Roasted Chicken**

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

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

Rice Pilaf

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Lyonnais Style Yellow Squash

Featured Desserts

Dessert

Peach Cobbler

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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Main Meal

Freedom Village at Bradenton

Tuesday, October 23, 2018

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

 **Italian Roasted Chicken**

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

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

Potatoes Roasted with Garlic

Buttered Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

 Steamed Cauliflower

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Banana Cream Cake

 Fresh Fruit Bowl

Reduced Sugar Pumpkin
Pudding

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Main Meal

Freedom Village at Bradenton
Wednesday, October 24, 2018

Salad of the Day

Chopped Salad

Featured Entrees

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Pineapple Teriyaki Chicken Thighs

Grilled teriyaki marinated chicken thighs topped with grilled pineapple.

Italian Roasted Chicken

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

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

 Baked Sweet Potato

Braised Mushrooms

Mashed Potatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Rainbow Sherbet

 Fresh Fruit Bowl

Sugar Free Lime Gelatin

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Main Meal

Freedom Village at Bradenton

Thursday, October 25, 2018

Salad of the Day

Tomato and Cucumber Salad

Featured Entrees

Breast Of Chicken with Mango Sauce

Sauteed chicken breast served with a light mango rum sauce.

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

Italian Roasted Chicken

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

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

Au Gratin Potatoes

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Sauteed Bell Peppers and Onions

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Chocolate Cream Pie

 Fresh Fruit Bowl

Reduced Sugar Tapioca
Pudding

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Main Meal

Freedom Village at Bradenton

Friday, October 26, 2018

Salad of the Day

Three Bean Salad

Featured Entrees

Bavarian Beef

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

Italian Roasted Chicken

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

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

Parmesan Polenta

 Steamed Acorn Squash

Mashed Potatoes

Roasted Broccoli

Featured Desserts

Dessert

Lemon Pudding

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Lemon
Pie

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Main Meal

Freedom Village at Bradenton

Saturday, October 27, 2018

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Herb Baked Breast of Chicken

Tender breast of chicken baked with a blend of fresh basil and chives.

Simmered Beef Brisket

Tender beef brisket simmered with select herbs and seasonings until tender.

Italian Roasted Chicken

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

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chicken and Dumplings

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

Accompaniments

Roasted Yukon Potato Wedge

Sauteed Spinach and Onions

Mashed Potatoes

Sauteed Spinach and Onions

Featured Desserts

Dessert

Carrot Cake Supreme

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Cake

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