

Main Meal

Freedom Village at Bradenton

Sunday, July 15, 2018

Salad of the Day

Wedge Salad

Featured Entrees

Roasted Sirloin of Beef with Chimichurri Sauce

Roasted sirloin with a sauce of fresh herbs, garlic and green chilis.

 **Tarragon Breast of Chicken**

Grilled chicken breast marinated in olive oil, dijon mustard and tarragon.

 **Italian Roasted Chicken**


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

 **Baked Cod**

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

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

Accompaniments

 Baked Potato

Honey Bourbon Glazed Butternut
Squash

Mashed Potatoes

Creamed Spinach with Bacon

Featured Desserts

Dessert

Orange Gelatin

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse Layer
Cake

 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, July 16, 2018

Salad of the Day

Garbanzo Salad

Featured Entrees

 **Broiled Salmon**

Salmon fillet lightly seasoned and then broiled.

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

 **Italian Roasted Chicken**


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

 **Baked Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

Yellow Rice

 Steamed Sugar Snap Peas

Mashed Potatoes

Red Cabbage with Apple

Featured Desserts

Dessert

Glazed Lemon Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Fruited
Gelatin

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Main Meal

Freedom Village at Bradenton

Tuesday, July 17, 2018

Salad of the Day

Caesar Salad

Featured Entrees

 **Apricot Curry Pork Chops**

Lean bone-in pork chops baked in a light apricot curry sauce.

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

 **Italian Roasted Chicken**

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

 **Baked Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

Hush Puppies

Roasted Brussels Sprouts

Mashed Potatoes

Braised Collard Greens

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Featured Desserts

Dessert

French Silk Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Sugar Free Lemon Gelatin

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Main Meal

Freedom Village at Bradenton

Wednesday, July 18, 2018

Salad of the Day

Pineapple Cole Slaw

Featured Entrees

 **Mango Chicken**

Tender chicken breast strips sauteed in a curry lime sauce with mango.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

 **Italian Roasted Chicken**

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

 **Baked Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

 Baked Sweet Potato

Italian Style Spring Blend

Mashed Potatoes

Caramelized Carrots

Featured Desserts

Dessert

Tiramisu Cake

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Freedom Village at Bradenton

Thursday, July 19, 2018

Salad of the Day

Broccoli, Bacon and Onion Salad

Featured Entrees

 **Herb Roasted Tenderloin of Beef with Port Wine Sauce**

Roasted beef tenderloin served with a port wine reduction 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 Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

Potato Wedges

Orange Glazed Carrots

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Mashed Potatoes

Almondine Style Green Beans

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Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Turtle Brownies

 Fresh Fruit Bowl

Reduced Sugar
Raspberry Mousse

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Main Meal

Freedom Village at Bradenton

Friday, July 20, 2018

Salad of the Day

Vegetable Salad with Sesame Dressing

Featured Entrees

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Philly Cheese Steak Stuffed Peppers

Thin sliced steak, onions, mushrooms and cheese in a bell pepper.

 **Italian Roasted Chicken**

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

 **Baked Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

Macaroni and Cheese

 Steamed Green Beans

Mashed Potatoes

 Steamed Rutabaga

Featured Desserts

Dessert

Pecan Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Chiffon
Cheesecake

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Main Meal

Freedom Village at Bradenton

Saturday, July 21, 2018

Salad of the Day

Black Bean and Corn Salad

Featured Entrees

 **Skillet Pork Chop with Cinnamon Apple Salsa**

Seasoned bone-in pork chop served with a cinnamon apple plum salsa.

Creamy Chicken Piccata

Sauteed breast of chicken with a creamy caper and madeira sauce.

 **Italian Roasted Chicken**


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

 **Baked Cod**

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

Baked Tilapia with Pineapple Salsa

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

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Accompaniments

Roasted Red Skin Potatoes

Broccoli Casserole

Mashed Potatoes

Buttered Wax Beans

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Featured Desserts

Dessert

Cherry Crisp

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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