

Main Meal

Freedom Village at Bradenton

Sunday, February 17, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts


Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 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 Bradenton

Sunday, February 17, 2019

Featured Starters

Soup of the Day

Cream of Potato Soup

Salad of the Day

Herring 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.

Seared Scallops with Sesame Ginger Drizzle

Fresh scallops simmered in a white wine, ginger and soy sauce.

Vegetable

 Steamed Asparagus

Accompaniments

Mashed Potatoes and Gravy

Stewed Tomatoes

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Apple Crisp

Dessert

Lemon Bars

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.

Freedom Village at Bradenton

Monday, February 18, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts

Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Freedom Village at Bradenton

Monday, February 18, 2019

Featured Starters

Soup of the Day

Italian Wedding Soup

Salad of the Day

Roasted Corn and Black Bean 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.

Stuffed Cabbage Rolls

Tender cabbage stuffed with rice and meat, baked in a tomato sauce.

Vegetable

 Grilled Vegetables

 Steamed Cauliflower

Accompaniments

Spanish Rice

Mashed Potatoes

Featured Desserts

Dessert


Classic Baklava

Dessert

Pecan Pie

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie

 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

Tuesday, February 19, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts


Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Freedom Village at Bradenton

Tuesday, February 19, 2019

Featured Starters

Soup of the Day

Tomato Bisque

Salad of the Day

Mandarin Orange Cottage Cheese 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.

Vegetarian Pinto Beans with Vegetables


A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Vegetable

Lemon Butter Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Buttered Noodles

Mashed Potatoes

Featured Desserts

Dessert

Lemon Cake

Dessert

Chocolate Layer Cake

Guiltless Pleasures

Reduced Sugar
Strawberry Jell-O
Shooter

 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 Bradenton
Wednesday, February 20, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Whole Wheat Penne Pasta

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts

Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Freedom Village at Bradenton
Wednesday, February 20, 2019

Featured Starters

Soup of the Day

Vegetable Soup with Sweet Basil

Salad of the Day

Carrot Raisin 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.

Shrimp Scampi with Linguini

Tender shrimp sauteed in lemon juice and butter, tossed with linguini.

Vegetable

 Steamed Snow Pea Bok Choy Mix

Roasted Beets

Accompaniments

White Rice

Mashed Potatoes

Featured Desserts

Dessert

Peach Cobbler

Dessert

Turtle Cheesecake

Guiltless Pleasures

Reduced Sugar Frosted
Vanilla Cake

 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 Bradenton

Thursday, February 21, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts


Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Freedom Village at Bradenton

Thursday, February 21, 2019

Featured Starters

Soup of the Day

Homestyle Chili

Salad of the Day

Lime Pineapple Gelatin 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.

Franks and Beans

Thick cuts of franks together with homestyle baked beans in this classic dish.

Vegetable

Sauteed Zucchini with Peppers and Onions

 Steamed Carrots

Accompaniments

Couscous with Herbs

Mashed Potatoes

Featured Desserts

Dessert

Pound Cake

Dessert

Rice Pudding

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

 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

Friday, February 22, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts

Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 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 Bradenton

Friday, February 22, 2019

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Marinated Mushroom 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.


Crab Quiche

A perfect combination of eggs, crab & Swiss cheese baked in a pastry shell.

Vegetable

Parmesan Tomato

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Cheddar Grits

Mashed Potatoes

Featured Desserts

Dessert

Strawberry Ice Cream

Dessert

Fruit of the Forest Pie

Guiltless Pleasures

Sugar Free Orange Gelatin

 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 Bradenton

Saturday, February 23, 2019

Seasonal Starters

Soup of the Season

Italian Wedding Soup

Salad of the Season

Tossed Garden Salad

Seasonal Entrees

 **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.

Accompaniment

 Steamed Brown Rice

Also Available

Shrimp Louis Salad

Classic Denver Omelet

Seasonal Desserts


Ice Cream of the Month

Homemade Ice Cream

Cookie of the Month

Brookdale Signature Cookie

Fruit

 Fresh Fruit Bowl

 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 Bradenton

Saturday, February 23, 2019

Featured Starters

Soup of the Day

Yankee Bean with Bacon Soup

Salad of the Day

Broccoli, Bacon and Onion 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.


 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

Vegetable

Collard Greens and Bacon

Buttered Parsnip

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

French Fried Potatoes

Mashed Potatoes

Featured Desserts

Dessert

Chocolate Meringue Pie

Dessert

Cinnamon Peach Cake

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

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