

Freedom Village at Bradenton

Sunday, October 14, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.


Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

 Taco Salad

Carnitas Quesadillas

Seasonal Desserts


Ice Cream of the Month

Cookie of the Month

Fruit

Peanut Butter Caramel
Cookie Dough Ice Cream

Butter Toffee Crunch Cookie

 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, October 14, 2018

Featured Starters

Soup of the Day

Tomato Florentine Soup

Salad of the Day

Bacon, Egg, and Brussels Sprouts Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

 **Tilapia with Cucumber and Melon Salsa**


Baked tilapia topped with a fresh cucumber melon salsa.


Roast Cornish Game Hen

Oven roasted cornish game hen served with an herbed wild rice stuffing.

Vegetable

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Asparagus

Accompaniments

 Baked Potato

Mashed Potatoes

Featured Desserts

Dessert

Cheesecake

Dessert

French Silk Pie

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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Freedom Village at Bradenton

Monday, October 15, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.


Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

 Taco Salad

Carnitas Quesadillas

Seasonal Desserts

Ice Cream of the Month

Cookie of the Month

Fruit

Peanut Butter Caramel
Cookie Dough Ice Cream

Butter Toffee Crunch Cookie

 Fresh Fruit Bowl

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Freedom Village at Bradenton

Monday, October 15, 2018

Featured Starters

Soup of the Day

Garlic Onion Soup

Salad of the Day

Peach Ambrosia Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

Ranch Cube Steak


Breaded tender beef, pan fried and served with a zesty ranch sauce.

 **Poached Cod Maitre d'hotel**

Lightly poached cod served with an herbed lemon compound butter.

Vegetable

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

Accompaniments

Potato Pancakes

Mashed Potatoes

Featured Desserts

Dessert

Cocoa Devil's Food
Cake

Dessert

Yellow Cupcake with
Chocolate Frosting

Guiltless Pleasures

No Sugar Added
Lemon Sorbet

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Freedom Village at Bradenton

Tuesday, October 16, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.


Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

 Taco Salad

Carnitas Quesadillas

Seasonal Desserts

Ice Cream of the Month

Cookie of the Month

Fruit

Peanut Butter Caramel
Cookie Dough Ice Cream

Butter Toffee Crunch Cookie

 Fresh Fruit Bowl

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Freedom Village at Bradenton

Tuesday, October 16, 2018

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Macaroni Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

 **Grilled Chicken with Garden Vegetable Salsa**

Grilled breast of chicken served with fresh garden salsa.

Grilled Shrimp in Oregano and Lemon

Grilled shrimp seasoned in a garlic, lemon and oregano blend.

Vegetable

Roasted Brussels Sprouts

Roasted Parsnips

Accompaniments

Yellow Rice

Mashed Potatoes

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Fruit of the Forest Pie

Banana Bundt Cake

Reduced Sugar Vanilla
Pudding

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Freedom Village at Bradenton
Wednesday, October 17, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Whole Wheat Penne Pasta

Also Available

Taco Salad

Carnitas Quesadillas

Seasonal Desserts

Ice Cream of the Month

Peanut Butter Caramel
Cookie Dough Ice Cream

Cookie of the Month

Butter Toffee Crunch 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, October 17, 2018

Featured Starters

Soup of the Day

Potato Leek Soup

Salad of the Day

Pineapple Cole Slaw

Featured Entrees

 **Broiled Salmon**

Salmon fillet lightly seasoned and then broiled.

 **Chicken in White Wine and Tarragon**

Chicken breast roasted in wine and herbs.

Linguini with White Wine Clam Sauce

Chopped clams and garlic in a white wine infused sauce served over linguini.

Vegetable

Zesty Stewed Tomatoes

 Steamed Green Peas

Accompaniments

Roasted Red Skin Potatoes

Mashed Potatoes

Featured Desserts

Dessert

Marble Cake

Dessert

Custard Pie

Guiltless Pleasures

Sugar Free Cherry Gelatin

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Freedom Village at Bradenton

Thursday, October 18, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.


Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

 Taco Salad

Carnitas Quesadillas

Seasonal Desserts

Ice Cream of the Month

Cookie of the Month

Fruit

Peanut Butter Caramel
Cookie Dough Ice Cream

Butter Toffee Crunch Cookie

 Fresh Fruit Bowl

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

Thursday, October 18, 2018

Featured Starters

Soup of the Day

Creamy Crab Soup

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Turkey Divan

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

Vegetarian Navy Beans and Rotini

Navy beans and rotini in an Italian tomato sauce.

Vegetable

Creamed Spinach

Accompaniments

Hashbrown Potato Casserole

 Steamed Chef's Fresh Vegetables

Mashed Potatoes

Featured Desserts

Dessert

Peach Cobbler

Dessert

Double Chocolate Cake

Guiltless Pleasures

No Sugar Added
Pound Cake

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Freedom Village at Bradenton

Friday, October 19, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock**

Haddock baked in the oven with a squeeze of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

Taco Salad

Carnitas Quesadillas

Seasonal Desserts


Ice Cream of the Month


Peanut Butter Caramel
Cookie Dough Ice Cream

Cookie of the Month

Butter Toffee Crunch Cookie

Fruit

 Fresh Fruit Bowl

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

Friday, October 19, 2018

Featured Starters

Soup of the Day

Hearty Navy Bean Soup

Salad of the Day

Raspberry Gelatin Salad Mold

Featured Entrees

Stuffed Chicken Breast

Mushrooms and gouda stuffed chicken served with a light pan sauce.

 **Confetti Meat Loaf**

Lean ground beef meatloaf prepared with bell peppers and salsa.

 **Baked Catfish with Thyme, Garlic and Lemon**

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Vegetable


Green Beans Almondine

Accompaniments

Mashed Maple Walnut Sweet Potatoes

Buttered Spaghetti Squash

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Cherry Turnover

Dessert

Chocolate Bread Pudding

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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Main Meal

Freedom Village at Bradenton

Saturday, October 20, 2018

Seasonal Starters

Soup of the Season

Chicken Tortilla 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 Haddock

Haddock baked in the oven with a squeeze of lemon juice.


Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Accompaniment

 Steamed Brown Rice

Also Available

 Taco Salad

Carnitas Quesadillas

Seasonal Desserts

Ice Cream of the Month

Peanut Butter Caramel
Cookie Dough Ice Cream

Cookie of the Month

Butter Toffee Crunch Cookie

Fruit

 Fresh Fruit Bowl

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

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Freedom Village at Bradenton

Saturday, October 20, 2018

Featured Starters

Soup of the Day

Chicken Vegetable Soup

Salad of the Day

Sweet and Sour Cucumber Slices

Featured Entrees

Pork Chop with Peach Salsa

Tender boneless pork chop grilled and served with zesty peach salsa.

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

Chicken a la King on Toast


Chicken with mushrooms and peppers in a rich gravy served over toast.

Vegetable

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Corn on the Cob

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Macaroni and Cheese

Mashed Potatoes

Featured Desserts

Dessert

Classic Tiramisu

Dessert

Southern Pecan Pie

Guiltless Pleasures

Sugar Free Lemon
Cookie

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