# Brookdale Springfield Woodside Sunday. August 16, 2015

## **Starters**

Salad Nicoise

### **Featured Entrees**

Teriyaki Roast Pork Teriyaki

Pork roast slow roasted in a sweet and tangy teriyaki sauce.

### Doven Baked Fried Chicken

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

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### **Traditional Sloppy Joe**

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Roasted Green Beans & Red Peppers

Roasted Zucchini and Fennel with Thyme

Description Pan Roasted Potatoes

Baked Potato

## **Featured Desserts**

<u>Dessert</u> <u>Dessert</u> <u>Guiltless Pleasures</u>

Ice Cream Sundae Strawberry Ice Cream

No Sugar Added Berry Cherry Pie

Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments and menu ideas with us. E-mail us at menus brookdaleliving.com



# Brookdale Springfield Woodside Monday, August 17, 2015

## **Starters**

Spinach, Bacon and Swiss Cheese Salad

## **Featured Entrees**

Stir Fry Chicken and Vegetables

Lean chicken breast & fresh vegetables stir-fried with ginger & soy sauce.

### Italian Sausage with Peppers and Onions

Hearty sweet and hot Italian sausage served with onions and peppers.

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### **Traditional Sloppy Joe**

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Steamed Snow Pea Bok Choy Mix

Ratatouille

Steamed Brown Rice

Pasta of the Day

Item can be prepared as an 🖾 Optimum Life Cuisine Option

## **Featured Desserts**

<u>Dessert</u> <u>Dessert</u>

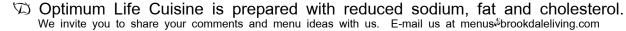
**Guiltless Pleasures** 

Reduced Sugar Chocolate Mint Layer

Coconut Cream Pie

Strawberry Ice Cream

Cake





### Brookdale Springfield Woodside Tuesday, August 18, 2015

## **Starters**

Pickled Beets Salad

### **Featured Entrees**

### Salisbury Steak

Seasoned ground beef steak baked until tender for a classic favorite.

### Baked Pollock

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

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### **Traditional Sloppy Joe**

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Braised Collard Greens

Steamed Asparagus

Item can be prepared as an D Optimum Life Cuisine Option

Mashed Potatoes

Drown Rice Pilaf with Herbs

## **Featured Desserts**

<u>Dessert</u> <u>Dessert</u> <u>Guiltless Pleasures</u>

No Sugar Added Vanilla Ice Cream

Tapioca Pudding

Strawberry Ice Cream

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# Brookdale Springfield Woodside Wednesday, August 19, 2015

## **Starters**

Mixed Greens Mediterranean Salad

### **Featured Entrees**

Pecan Crusted Tilapia

Baked fish fillet with a crunchy parmesan pecan topping.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

**Traditional Sloppy Joe** 

Ground beef simmered in spaghetti sauce served on a bun.

Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Almondine Style Cauliflower

Orange Glazed Shredded Carrots

Item can be prepared as an D Optimum Life Cuisine Option

Baked Sweet Potato

Marble Cake

Mashed Potatoes

## Featured Desserts

<u>Dessert</u> <u>Dessert</u> <u>Guiltless Pleasures</u>

Strawberry Ice Cream Pea

Reduced Sugar Frozen Peach Swirl Angel Pie

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### Brookdale Springfield Woodside Thursday, August 20, 2015

## **Starters**

Chopped Salad

### **Featured Entrees**

#### **Veal Cutlets**

Seasoned veal cutlet sauteed until tender.

### Chicken Thighs Dijon

Roasted bone-in chicken thighs basted with savory Dijon-infused pan sauce.

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### Traditional Sloppy Joe

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Sauteed Spinach

Braised Cabbage

Item can be prepared as an D Optimum Life Cuisine Option

Mashed Potatoes

Peach Pie

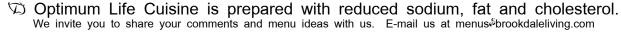
Whole Wheat Couscous

## Featured Desserts

**Dessert Guiltless Pleasures Dessert** 

Strawberry Ice Cream

Reduced Sugar German Chocolate Cake





### Brookdale Springfield Woodside Friday, August 21, 2015

## **Starters**

Mixed Green Salad

### **Featured Entrees**

Turkey Meatloaf

A perfect blend of turkey and seasonings for this healthy version of an old favorite.

#### Lamb Goulash

Lamb simmered for hours with vegetables, paprika and caraway seeds.

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### Traditional Sloppy Joe

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Steamed Asparagus

**Buttered Green Peas** 

Item can be prepared as an D Optimum Life Cuisine Option

Drown Rice Pilaf with Herbs

**Boiled Parslied Potatoes** 

Item can be prepared as an D Optimum Life Cuisine Option

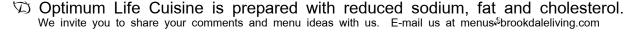
## Featured Desserts

**Dessert Guiltless Pleasures Dessert** 

> No Sugar Added Cherry Vanilla Ice Cream

Carrot Cake

Strawberry Ice Cream





### Brookdale Springfield Woodside Saturday, August 22, 2015

## **Starters**

Pineapple Carrot Raisin Salad

### **Featured Entrees**

#### Beef Brisket

Tender beef brisket slowly baked in the oven.

### Baked Sole

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

### Barbecue Chicken Thighs

Bone-in chicken thighs grilled and basted with homemade barbecue sauce.

### Traditional Sloppy Joe

Ground beef simmered in spaghetti sauce served on a bun.

### Chicken Stir Fry

Fresh vegetables & strips of chicken breast stir fried in a light ginger soy sauce.

## **Accompaniments**

Kale with Lemon-Balsamic Butter

Roasted Beets

Garlic Roasted Red Skin Potatoes

Steamed Brown Rice

## Featured Desserts

**Dessert Guiltless Pleasures Dessert** 

Reduced Sugar Peach Almond Crisp

Root Beer Float

Strawberry Ice Cream

