

Main Meal

Brookdale Springfield Woodside

Sunday, August 16, 2015

Starters

Salad Nicoise

Featured Entrees

 **Roast Pork Teriyaki**

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

 **Oven 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

 Pan Roasted Potatoes

 Baked Potato

Featured Desserts

Dessert


Dessert

Guiltless Pleasures

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



Main Meal

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

Dessert

Coconut Cream Pie

Dessert

Strawberry Ice Cream

Guiltless Pleasures

Reduced Sugar
Chocolate Mint Layer
Cake



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Main Meal

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  Optimum Life Cuisine Option

Mashed Potatoes

 Brown Rice Pilaf with Herbs

Featured Desserts

Dessert


Tapioca Pudding

Dessert

Strawberry Ice Cream

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

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  Optimum Life Cuisine Option

 Baked Sweet Potato

Mashed Potatoes

Featured Desserts

Dessert

Marble Cake


Dessert

Strawberry Ice Cream

Guiltless Pleasures

Reduced Sugar Frozen

Peach Swirl Angel Pie

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Main Meal

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  Optimum Life Cuisine Option

Mashed Potatoes

 Whole Wheat Couscous

Featured Desserts

Dessert


Peach Pie

Dessert

Strawberry Ice Cream

Guiltless Pleasures

Reduced Sugar German
Chocolate Cake

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Main Meal

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  Optimum Life Cuisine Option

 Brown Rice Pilaf with Herbs

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert


Dessert

Guiltless Pleasures

Carrot Cake

Strawberry Ice Cream

No Sugar Added Cherry
Vanilla Ice Cream

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Main Meal

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


Root Beer Float

Dessert

Strawberry Ice Cream

Guiltless Pleasures

Reduced Sugar Peach
Almond Crisp

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