

## Main Meal

### Brookdale Waterview Court

Sunday, October 2, 2022

## **Seasonal Starters**

### Soup of the Season

Split Pea Soup

### Salad of the Season

Chopped Salad

### Brookdale Waterview Court

Sunday, October 2, 2022

## **Featured Starters**

### Soup of the Day

Green Split Pea Soup

### Salad of the Day

Potato Salad

## **Seasonal Entrees**

### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

### **Louisiana Catfish**

Grilled catfish served with a savory fresh tomato sauce.

### **Beef Burgundy**

Tender beef with mushrooms, onion and carrots served in a wine sauce.

### **Creamy Chicken Piccata**

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

### Accompaniment

Pasta of the Day

### Also Available

Pecan Crusted Tilapia

### Vegetable

Buttered Lima Beans

### Accompaniments

 Brown Rice Pilaf with Herbs

Item can be prepared as an  Optimum Life Cuisine Option

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Country Style Meatloaf

 Steamed Broccoli

Classic Lyonnaise Potatoes

## **Seasonal Desserts**

### Ice Cream of the Month

Coffee Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Fresh Melon Cup

### Dessert

Coconut Custard Pie

### Dessert

Lemon Bars

### Guiltless Pleasures

Reduced Sugar  
Coconut Cream Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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## **Featured Desserts**

## Main Meal

Brookdale Waterview Court

Monday, October 3, 2022

### **Seasonal Starters**

#### Soup of the Season

Split Pea Soup

#### Salad of the Season

Chopped Salad

Brookdale Waterview Court

Monday, October 3, 2022

### **Featured Starters**

#### Soup of the Day

Chicken Orzo Soup

#### Salad of the Day

Spinach Harvest Salad

### **Seasonal Entrees**

#### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### Accompaniment

 Roasted Rosemary Potatoes

#### Also Available

Pecan Crusted Tilapia

Country Style Meatloaf

#### Vegetable

 Steamed Carrots

#### Accompaniments

Boiled Potatoes

Noodles Romano

### **Seasonal Desserts**

#### Ice Cream of the Month

Coffee Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Chilled Pears

#### Dessert

Mint Brownie

#### Dessert

Strawberries and Cream  
Mousse

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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## Main Meal

Brookdale Waterview Court

Tuesday, October 4, 2022

### **Seasonal Starters**

#### Soup of the Season

Split Pea Soup

#### Salad of the Season

Chopped Salad

Brookdale Waterview Court

Tuesday, October 4, 2022

### **Featured Starters**

#### Soup of the Day

Potato and Bacon Soup

#### Salad of the Day

Broccoli Salad

### **Seasonal Entrees**

#### **⊖ Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### Accompaniment

Rice Blend

#### Also Available

Pecan Crusted Tilapia

Country Style Meatloaf

#### **Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

#### **Stuffed Cabbage Rolls**

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

#### Accompaniments

Couscous

⊖ Steamed Italian Green Beans

Au Gratin Potatoes

Roasted Cauliflower

### **Seasonal Desserts**

#### Ice Cream of the Month

Coffee Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

⊖ Fresh Apple Slices

#### Dessert

Spice Cake with Mocha Frosting

#### Dessert

Sweet Potato Pie

#### Guiltless Pleasures

Reduced Sugar Frosted Spice Cake

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## Main Meal

Brookdale Waterview Court

Wednesday, October 5, 2022

### **Seasonal Starters**

#### Soup of the Season

Split Pea Soup

#### Salad of the Season

Chopped Salad

Brookdale Waterview Court

Wednesday, October 5, 2022

### **Featured Starters**

#### Soup of the Day

Yankee Bean Soup

#### Salad of the Day

Wedge Salad

### **Seasonal Entrees**

#### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Salisbury Steak**

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

#### **Seasoned Trout with Lemon**

Trout fillet baked in the oven with a squeeze of lemon juice.

#### **Grilled Kielbasa**

Classic kielbasa link sliced lengthwise and grilled.

#### Accompaniment

Potato Pancakes

#### Also Available

Pecan Crusted Tilapia

#### Vegetable

Creamed Spinach

#### Accompaniments

Classic Duchess Potatoes

Country Style Meatloaf

Ratatouille

Barley Pilaf

### **Seasonal Desserts**

#### Ice Cream of the Month

Coffee Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Chilled Peaches

#### Dessert

Banana Cream Pie

#### Dessert

Oatmeal Cookie

#### Guiltless Pleasures

Reduced Sugar Banana Cream Pie

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### **Featured Desserts**

## Main Meal

Brookdale Waterview Court

Thursday, October 6, 2022

### **Seasonal Starters**

#### Soup of the Season

Split Pea Soup

#### Salad of the Season

Chopped Salad

Brookdale Waterview Court

Thursday, October 6, 2022

### **Featured Starters**

#### Soup of the Day

Carrot and Cilantro Soup

#### Salad of the Day

Fresh Vegetable Salad

### **Seasonal Entrees**

#### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### Accompaniment

Parslied New Potatoes

#### Also Available

Pecan Crusted Tilapia

#### **Pot Roast**

Tender pot roast braised in a rich broth with carrots, celery and onion.

#### **Vegetable Lasagna with Alfredo Sauce**

Creamy vegetable lasagna with alfredo sauce.

#### Accompaniments

Wild Rice Blend

#### Ice Cream of the Month

Coffee Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Fresh Fruit Bowl

### **Featured Desserts**

#### Dessert

Blueberry Streusel Cake

#### Dessert

Bourbon Pecan Tarts

#### Guiltless Pleasures

Reduced Sugar Strawberry Cake

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## Main Meal

### Brookdale Waterview Court

Friday, October 7, 2022

## **Seasonal Starters**

### Soup of the Season

Split Pea Soup

### Salad of the Season

Chopped Salad

### Brookdale Waterview Court

Friday, October 7, 2022

## **Featured Starters**

### Soup of the Day

Beef Vegetable Soup

### Salad of the Day

Fennel Slaw

## **Seasonal Entrees**

### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

### Accompaniment

Fingerling Potatoes with Fresh Herbs

### Also Available

Pecan Crusted Tilapia

### **Roasted Rosemary Chicken Thighs**

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

### **Blackened Salmon**

Cajun seasoned salmon cooked quickly in butter over high heat.

### Vegetable

 Steamed California Mix

### Accompaniments

Homestyle Bread Stuffing

### **Country Style Meatloaf**

### **Buttered Brussels Sprouts**

### **Sweet Potato Hash**

Item can be prepared as an  Optimum Life Cuisine Option

## **Seasonal Desserts**

### Ice Cream of the Month

Coffee Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Fresh Diced Pears and Apples

### Dessert

Cheesecake

### Dessert

Apricot Bars

### Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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## **Featured Desserts**

## Main Meal

Brookdale Waterview Court

Saturday, October 8, 2022

### **Seasonal Starters**

#### Soup of the Season

Split Pea Soup

#### Salad of the Season

Chopped Salad

Brookdale Waterview Court

Saturday, October 8, 2022

### **Featured Starters**

#### Soup of the Day

Cheddar Beer Soup

#### Salad of the Day

Fall Harvest Salad

### **Seasonal Entrees**

#### **Herb Breaded Breast of Chicken**

Baked chicken breast coated in seasoned whole wheat bread crumbs.

#### **Pecan Crusted Tilapia**

Baked fish fillet with a crunchy parmesan pecan topping.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

### **Featured Entrees**

#### **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

#### **Pork Roast with Horseradish and Herbs**

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

#### **Beef Tips**

Tender beef tips simmered in a mushroom gravy.

#### Accompaniment

Barley Risotto

#### Also Available

Pecan Crusted Tilapia

#### Vegetable

Braised Collard Greens

#### Accompaniments

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Country Style Meatloaf

 Steamed Corn

 Baked Potato

### **Seasonal Desserts**

#### Ice Cream of the Month

Coffee Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Tropical Fruit

#### Dessert

Cherry Pie

#### Dessert

Almond Cake

#### Guiltless Pleasures

No Sugar Added  
Cherry Pie

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### **Featured Desserts**