

Main Meal

Brookdale Vero Beach South AL

Sunday, May 26, 2024

Starters

Tomato and Mozzarella Plate

Featured Entrees

Memorial Day Grilled Breast of Chicken

Marinated grilled breast of chicken.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Old Fashioned Potato Salad

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Coconut Cake

Dessert

 Orange Segments

Guiltless Pleasures

Sugar Free Lime
Gelatin

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

We invite you to share your comments with your Dining Leaders.



Main Meal

Brookdale Vero Beach South AL

Monday, May 27, 2024

Starters

Mixed Green Salad with Dressing

Featured Entrees

Memorial Day Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Barbecue Baked Beans

Sweet Potato Salad

Featured Desserts

Dessert

Classic Pumpkin Pie

Dessert

 Chilled Peaches

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Vero Beach South AL

Tuesday, May 28, 2024

Starters

Chopped Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Buttered Noodles

 Steamed Fresh Green Beans

Featured Desserts

Dessert

Dessert

Guiltless Pleasures

Frosted Banana Cake

 Fresh Melon Cup

Sugar Free Lime
Gelatin

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Main Meal

Brookdale Vero Beach South AL

Wednesday, May 29, 2024

Starters

Tossed Garden Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Garlic and Chive Mashed Potatoes

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Ice Cream of the Day

Dessert

 Mandarin Oranges

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Vero Beach South AL

Thursday, May 30, 2024

Starters

Triple Bean Salad

Featured Entrees

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Tater Tots

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Homemade Cherry Pie

Dessert

 Fresh Fruit Bowl

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Vero Beach South AL

Friday, May 31, 2024

Starters

Tomato Wedges

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Mashed Potatoes

 Steamed Spinach

Featured Desserts

Dessert

Southern Peach
Cobbler

Dessert

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Vero Beach South AL

Saturday, June 1, 2024

Starters

Tossed Green Salad

Featured Entrees

Stir Fry Chicken and Vegetables

Chicken breast and fresh vegetables stir-fried with ginger and soy sauce.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Wild Rice Blend

 Steamed Broccoli

Featured Desserts

Dessert

Grandmother's Cake

Dessert

 Pineapple Chunks

Guiltless Pleasures

Sugar Free Lime Gelatin

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