

Brookdale Broadway Cityview

Sunday, May 08, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.


Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

 Cilantro Brown Rice

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts

Ice Cream of the Month


Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Peach Slices

 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 Broadway Cityview

Sunday, May 08, 2016

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

Spinach and Strawberry Salad

Featured Entrees

 **Red Snapper Veracruz**

Baked fillet of red snapper topped with tomatoes, capers, olives and almonds.

Roasted Cornish Game Hen with Orange Sauce


Cornish game hen slow roasted with an orange and madeira wine sauce.

Beef Tenderloin


Beef tenderloin charbroiled to perfection.

Vegetable

Roasted Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

Scalloped Potatoes

Featured Desserts

Dessert


Mandarin Orange Cake

Dessert

Oatmeal Chocolate Chip
Cookies

Guiltless Pleasures

Reduced Sugar Basic
Banana Pudding

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Brookdale Broadway Cityview

Monday, May 09, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

 Black Beans

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts

Ice Cream of the Month


Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Pear Slices

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Brookdale Broadway Cityview

Monday, May 09, 2016

Featured Starters

Soup of the Day

Cabbage and Bean Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

 **Flank Steak Medallion**

Roasted beef flank steak roulade wrapped with fresh basil and Swiss cheese.

 **Tilapia with Cucumber & Melon Salsa**


Baked tilapia topped with a fresh cucumber melon salsa.

King Ranch Chicken

Baked layers of chicken, corn tortillas and cheese in a creamy sauce.

Vegetable

Baked Cabbage with Bacon

 Steamed Chef's Vegetables

Accompaniments

 Baked Potato

 Steamed Brown Rice

Featured Desserts

Dessert


Lemon Mousse

Dessert

Rum Cake

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Brookdale Broadway Cityview

Tuesday, May 10, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts


Ice Cream of the Month


Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Peach Slices

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Brookdale Broadway Cityview

Tuesday, May 10, 2016

Featured Starters

Soup of the Day

Clam Chowder

Salad of the Day

Mini Caesar Salad

Featured Entrees

 **Baked Pollock**

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

Ham with Pineapple


Smoked ham slow roasted with brown sugar and pineapple.

Chicken Fried Steak with Gravy


Beef cutlet in seasoned flour, fried golden brown and served with chicken gravy.

Vegetable

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

Bacon Mashed Potatoes

Featured Desserts

Dessert


Mixed Berry Pie

Dessert

Cappuccino Mousse

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Brookdale Broadway Cityview

Wednesday, May 11, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

 Baked Potato

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts


Ice Cream of the Month

Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Pear Slices

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Brookdale Broadway Cityview

Wednesday, May 11, 2016

Featured Starters

Soup of the Day

Beef Vegetable Soup

Salad of the Day

Sour Cream Cucumber Salad

Featured Entrees

 **Pork Tenderloin with Roasted Pears**

Pork tenderloin roasted with herbs and pears.

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with homemade apple barbecue sauce.

Barbeque Beef Sandwich

Barbequed beef brisket with homemade barbeque sauce served on a bun.

Vegetable

Creamed Spinach

Roasted Cauliflower

Accompaniments

 Baked Potato

Baked Beans

Featured Desserts

Dessert


Chocolate Bread
Pudding

Dessert

Caramel Bars

Guiltless Pleasures

Reduced Sugar
Blueberry Cheesecake
Bars

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Brookdale Broadway Cityview

Thursday, May 12, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

Herb Stuffing

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts

Ice Cream of the Month


Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Peach Slices

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Brookdale Broadway Cityview

Thursday, May 12, 2016

Featured Starters

Soup of the Day

Baked Potato Soup

Salad of the Day

Wedge Salad

Featured Entrees

 **Italian Roasted Chicken**

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Pasta with Classic Ragu Bolognese Sauce and Italian Sausage

Pasta with ground beef and veal in tomato sauce with Italian Sausage.

Vegetable


 Italian Style Bell Peppers

Accompaniments

 Baked Potato

Sauteed Yellow Squash

Broccoli and Rice Casserole

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert


Pina Colada Cake

Dessert

Apple Crumb Pie

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

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Main Meal

Brookdale Broadway Cityview

Friday, May 13, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

 Brown Rice Pilaf with Herbs

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts

Ice Cream of the Month


Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Pear Slices

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Brookdale Broadway Cityview

Friday, May 13, 2016

Featured Starters

Soup of the Day

Chicken and Dumpling Soup

Salad of the Day

Old Fashioned Kidney Bean Salad


Featured Entrees

Confetti Meat Loaf

Lean ground beef meatloaf prepared with bell peppers and salsa.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.


Item can be prepared as an  Optimum Life Cuisine Option

Pan Fried Whitefish

Whitefish lightly crusted with cornmeal and pan-fried to golden brown.

Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Braised Mushrooms

Accompaniments

 Baked Potato

Chipotle Mashed Potatoes

Featured Desserts

Dessert


Cherry Cobbler

Dessert

Oatmeal Cookie

Guiltless Pleasures

Sugar Free Brownie

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Main Meal

Brookdale Broadway Cityview

Saturday, May 14, 2016

Seasonal Starters

Soup of the Season

Cream of Tomato Soup

Salad of the Season

Mixed Green Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Harvest Chicken Salad Sandwich

Chicken salad with cranberries, walnuts and apples served on a croissant.

Country Fried Steak

Beef steak in seasoned flour, fried golden brown and served with creamy gravy.

Accompaniment

Roasted Yukon Potato Wedge

Also Available

Harvest Chicken Salad Sandwich

 Grilled Chicken Breast

Seasonal Desserts

Ice Cream of the Month

Orange Sherbet

Cookie of the Month

White Chocolate Macadamia
Cookie

Fruit

 Peach Slices

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Brookdale Broadway Cityview

Saturday, May 14, 2016

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Stir Fry Chicken and Vegetables

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

Southern Style Pot Roast

Tender beef simmered with vegetables in this southern style dish.

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

Vegetable


Roasted Asparagus Parmesan

Accompaniments

 Baked Potato

Sauteed Cauliflower

Cilantro Rice

Item can be prepared as an  Optimum Life Cuisine Option

Featured Desserts

Dessert

Chocolate Cake with
Fudge Frosting

Dessert

Coconut Cream Pudding

Guiltless Pleasures

Reduced Sugar Maple
Mousse

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