

Brookdale Santa Catalina
Sunday, March 03, 2019

Starters

Cream of Broccoli Soup Fresh Fruit Salad with Poppy Seed Dressing

Chicken Noodle Soup Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken Mashed Potatoes and Gravy

Beef Stroganoff Cauliflower Au Gratin

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. 
We invite you to share your comments with your Dining Leaders.

Brookdale Santa Catalina
Sunday, March 03, 2019

Featured Entrees

Pecan Crusted Catfish

Baked catfish fillet with a pecan cornmeal coating.

Roast Sirloin of Beef

Slow roasted beef sirloin served with au jus.


Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

Chicken Paprikash

Sauteed chicken thighs with bacon, paprika and sour cream.

Accompaniments

 Steamed Peas and Pearl Onions

Rice Blend

Braised Mushrooms

Classic Lyonnaise Potatoes

Desserts

Red Velvet Cake

Chocolate Chess Pie

Reduced Sugar Frosted
Red Velvet Cake

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Fresh Fall Fruit Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Santa Catalina
Monday, March 04, 2019

Starters

Beef and Greens Stew

Garden Slaw

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken

Au Gratin Potatoes

Beef Stroganoff

Italian Style Green Beans

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Brookdale Santa Catalina
Monday, March 04, 2019

Featured Entrees

Southern Style Pot Roast

Tender beef simmered with vegetables in this southern style dish.

Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

Baked Pollock


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

Roast Pork Shoulder

Slow roasted boneless pork shoulder served with a light pan gravy.

Accompaniments

Roasted Brussels Sprouts

 Pan Roasted Potatoes

Honey Bourbon Glazed Butternut Squash

Warm Potato Salad

Desserts

Pumpkin Chiffon Pie

Amaretto Cake

Reduced Sugar
Pumpkin Cream Pie

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Chilled Peaches

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Brookdale Santa Catalina
Tuesday, March 05, 2019

Starters

Cheddar Beer Soup

Creamy BLT Pasta Salad

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken

Mashed Potatoes

Beef Stroganoff

Buttered Succotash

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Brookdale Santa Catalina
Tuesday, March 05, 2019

Featured Entrees

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Beef Chow Mein

Sauteed beef with mushrooms, onions, and celery in a light soy sauce.

Meat Ravioli with Meat Sauce

Tender beef ravioli served with homemade meat sauce.

Beef Short Ribs


Tender bone-in beef short ribs served with tomatoes and a mustard sauce.


Accompaniments

Buttered Italian Mix

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

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 Steamed Snow Peas

Egg Roll

Desserts

Traditional Sour Cream
Pound Cake

Frosted Brownie

No Sugar Added Pound
Cake

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Fresh Melon Cup

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Brookdale Santa Catalina
Wednesday, March 06, 2019

Starters

Lentil Soup

Beets and Onions Salad

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.


Resident Favorites

Apple Stuffed Chicken

Pasta of the Day

Item can be prepared
as an Optimum Life

Beef Stroganoff

 Steamed Wax Beans

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Brookdale Santa Catalina
Wednesday, March 06, 2019

Featured Entrees

Italian Sausage with Peppers and Onions

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

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Shepherd's Pie

Beef, carrots & mushrooms in beef gravy baked with a whipped potato crust.

Chicken Cordon Bleu

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

Accompaniments

 Steamed Carrots

Herb Roasted Red Potatoes

Green Cabbage and Apple Saute

Barley Pilaf

Desserts

Butter Pecan Ice
Cream

Apple Crisp

No Sugar Added Butter
Pecan Ice Cream

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Chilled Pears

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Brookdale Santa Catalina
Thursday, March 07, 2019

Starters

Baked Potato Soup

Marinated Vegetable Salad

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada


Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken

 Baked Sweet Potato

Beef Stroganoff

Buttered Yellow Squash

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Brookdale Santa Catalina
Thursday, March 07, 2019

Featured Entrees

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

Greek Baked Cod

Seasoned baked cod fillet topped with olives, red onion, and feta cheese.

Beef Tenderloin with Baby Portabella Mushrooms

Savory tenderloin of beef with sauteed mushrooms and a merlot wine sauce.

Accompaniments

Buttered Corn

Baked Beans

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Homestyle Bread Stuffing

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Chocolate Meringue Pie

Strawberry Mousse

Reduced Sugar
Chocolate Cream Pie

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Fresh Fruit Bowl

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Brookdale Santa Catalina
Friday, March 08, 2019

Starters

Roasted Chicken Soup

Bacon Ranch Pea Salad

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken

O'Brien Potatoes

Beef Stroganoff

Lemon Butter Zucchini

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Brookdale Santa Catalina
Friday, March 08, 2019

Featured Entrees

Salisbury Steak

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

Pan Seared Salmon

Salmon fillet lightly seasoned and pan seared.


Chicken Kiev

Tender breast of chicken stuffed with garlic-herb butter, breaded and fried.

Pub Battered Cod

Battered and fried fish fillet.

Accompaniments

 Steamed Acorn Squash

Classic Duchess Potatoes

Roasted Broccoli

Mediterranean Orzo

Desserts


Lemon Cheesecake


Ice Cream Soda Bar

Reduced Sugar Lemon
Mousse

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Mandarin Oranges

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Brookdale Santa Catalina
Saturday, March 09, 2019

Starters

Tomato Soup

Mixed Green Salad

Chicken Noodle Soup

Tossed Garden Salad

Seasonal Entrees

Oven Baked Fried Chicken

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

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

Shredded Beef Enchilada

Shredded beef in a corn tortillas with sour cream-chili sauce and cheese.

Bacon BBQ Shrimp

Oven baked shrimp wrapped in bacon and coated with BBQ sauce.

Resident Favorites

Apple Stuffed Chicken

Noodles Romano

Beef Stroganoff

Glazed Parsnip

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Brookdale Santa Catalina
Saturday, March 09, 2019

Featured Entrees

Turkey Breast with Orange Glaze

Tender turkey breast simmered in a light orange sauce with prunes.

Simmered Beef Brisket

Tender beef brisket simmered with select herbs and seasonings until tender.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.


Pan-Fried Flounder

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

Accompaniments

Roasted Beets

Cranberry Rice Pilaf

 Steamed Spinach

Au Gratin Potatoes

Desserts

Frosted German
Chocolate Cake

Coffee Ice Cream

Reduced Sugar
German Chocolate
Cake

Chocolate Chip Cookie

Cookies and Cream Ice
Cream

 Fresh Fruit Cup

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