

Main Meal

Brookdale Hawthorn Lakes IL/AL

Sunday, May 10, 2026

## Salad of the Day

Greek Salad

## Featured Entrees

### Ginger Roasted Salmon

Oven roasted salmon topped with a ginger honey sauce.

### Salisbury Steak

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

### - Always Available -

### Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

### Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

### Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

Cilantro Rice

 Steamed Broccoli

 Baked Potato

 Steamed Chef's Vegetables

## Desserts

### Feature

Coconut Meringue Pie

### Fruit

 Fresh Melon Cup

### Guiltless Pleasures

Reduced Sugar Coconut  
Cream Pie

 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 Hawthorn Lakes IL/AL

Monday, May 11, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

 **Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

**- Always Available -**

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

**Trio Salad Plate**

Your choice of two fresh meat salads and one side salad.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

Navy Beans

Sauteed Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Scalloped Potatoes

 Steamed Broccoli

**Desserts**

**Feature**


Banana Pudding

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Reduced Sugar Banana  
Pudding

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Main Meal

Brookdale Hawthorn Lakes IL/AL

Tuesday, May 12, 2026

**Salad of the Day**

Tomato, Mozzarella and Basil Salad

**Featured Entrees**

**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

**Veal Cutlets**

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

**- Always Available -**

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

**Trio Salad Plate**

Your choice of two fresh meat salads and one side salad.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

Macaroni and Cheese

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Lyonnais Style Carrots

**Desserts**

**Feature**

Cocoa Devil's Food  
Cake

**Fruit**

 Fresh Apple Slices

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Hawthorn Lakes IL/AL

Wednesday, May 13, 2026

## Salad of the Day

Sliced Radish and Cucumber Plate

## Featured Entrees

### Beef Brisket

Tender beef brisket slowly baked in the oven.

### Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### - Always Available -

### Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

### Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

### Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

Oven Brown Potatoes

Roasted Brussels Sprouts

Homestyle Bread Stuffing

 Fresh Vegetable Blend

## Desserts

### Feature

Pecan Pie

### Fruit

 Chilled Peaches

### Guiltless Pleasures

Sugar Free Pecan Pie

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Main Meal

Brookdale Hawthorn Lakes IL/AL

Thursday, May 14, 2026

## Salad of the Day

Boston Lettuce Salad with Creamy Orange Shallot Dressing

## Featured Entrees

 Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

**Homestyle Beef Stew**

Slow cooked beef simmered with celery, onions and carrots.

**- Always Available -**

 Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

**Trio Salad Plate**

Your choice of two fresh meat salads and one side salad.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

Barley Risotto

Harvard Style Beets

Boiled Potatoes

Mixed Green Salad with Dressing

## Desserts

Feature

White Texas Sheet  
Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Pound  
Cake

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Main Meal

Brookdale Hawthorn Lakes IL/AL

Friday, May 15, 2026

## Salad of the Day

Vegetable Salad with Sesame Dressing

## Featured Entrees

**German Bratwurst with Sauerkraut**

Bratwurst simmered with sauerkraut and onion.

**Crumb Topped Fillet of Sole**

Tender fish with a mustard, parmesan, bread crumb topping.

### - Always Available -

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

**Trio Salad Plate**

Your choice of two fresh meat salads and one side salad.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

Warm Potato Salad

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Potato Onion Supreme


 Steamed Asparagus

## Desserts

### Feature

Classic Tiramisu

### Fruit

 Fresh Diced Pears and Apples

### Guiltless Pleasures

Reduced Sugar Cheesecake Whip

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Main Meal

Brookdale Hawthorn Lakes IL/AL

Saturday, May 16, 2026

## Salad of the Day

Fresh Vegetable Salad

## Featured Entrees

### Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

### Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

### - Always Available -

### Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

### Trio Salad Plate

Your choice of two fresh meat salads and one side salad.

### Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

Pasta of the Day

 Steamed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Oven Roasted Potatoes

 Steamed Spinach

## Desserts

### Feature

Chocolate Peanut Butter  
Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

Reduced Sugar Peanut  
Butter Chocolate Bars

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