



# BROOKDALE CULINARY TEAM

## Serving Up A Delicious Welcome

### A Housewarming Gift\*

On the very first day in their Brookdale community, new residents savor a taste of the catered, luxury lifestyle that will deliver pleasure and ease for each day to come. As new residents meet a diverse collection of talented associates who will attend to their comfort and health, the dining services leader is often the person that comes to the door of their new home on move-in day. The dining services leader and executive director welcomes new residents with a special housewarming gift – a warm Brookdale signature welcome pie with a scent that rises to tempt immediate indulgence, regardless of the time of day.

### A Housewarming Experience\*

The dining services leader delivers another gift, large enough to fill a dining room table: an invitation to a private, complimentary housewarming experience for the new resident’s family and friends, with an extravagant menu of recipes crafted and taste-approved by the faculty of Brookdale’s Culinary Arts Institute.

While settling into their new home, the resident sets a date, makes a guest list, and chooses four courses for this private event.



The meal will begin with a glass of wine and an “amuse,” such as smoked paprika and chive deviled eggs with candied Applewood smoked bacon.

Salad selections might include a Caprese Salad with vine-ripened tomatoes, fresh mozzarella, balsamic reduction, and basil. Or perhaps an Anjou pear salad with arugula, aged gorgonzola, and caramelized pecans would be preferred.



For the main course, some guests would eagerly choose one of the four entree duos, such as medallions of beef paired with coconut-crusting shrimp with Brookdale signature chili mango sauce.



The meal will finish with a flourish of dessert choices that satisfy the sweet tooth. Some guests would choose to indulge in the decadently rich taste of a flourless chocolate cake with crème anglaise and raspberry coulis, while others might prefer the guiltless pleasure of an angel food bundt cake with a sweet berry mélange.



Or perhaps they’ll choose a refreshing raspberry sorbet with fresh berries and a buttery Pirouette garnish. As a parting gift, the resident’s guests will receive a box of Grand Marnier truffles and a full-color step by step instruction guide and recipe book that reveals the secrets of the culinary team’s innovative creations that turn a meal into a special occasion.





## The First Day of Retirement From The Kitchen

For many residents, fine dining service is not just an extravagant luxury. It's a necessity – their most valuable assistance for daily living. One of the main reasons people move to a senior living community is their desire to retire from the kitchen. They realize they have earned their turn to be served. The easiest recipe of all is to let someone else cook.

## Secretly Healthy Dishes

Brookdale's *Optimum Life* menu items deliver taste sensations that seem impossible for healthy ingredients. Yet day after day, residents on special diets enjoy meals that are customized to satisfy their medical needs and please their palates. In a Brookdale community, great hospitality lives here every day.



FOR EACH RESIDENT,  
THE PARADE OF  
GOURMET DELIGHTS  
BEGINS ON **DAY 1.**

They frequently share the same story of how their relationship with the kitchen has changed:

*"I WAS A MASTER OF THE STOVETOP AND LORD OF THE OVEN. I broiled pork chops, roasted chicken, fried fish, and grilled steaks with flair. My biscuits were flaky, my meats were tender enough to cut with a fork, and my fruit pies were equally sweet and tart. But for the last few years, it's been hard to walk those endlessly long aisles at the grocery store.*

*It was a struggle to carry those sacks from the car to my kitchen, and a challenge to put everything up on the shelves. And I was no longer able to stand at the sink, kitchen counter, or stovetop for very long. My doctor and my daughter kept telling me eating right would be good for my health. But often, all I could do was just pour a bowl of cereal or microwave a TV dinner.*

*It's time for me to hand over the spatula." - Brookdale Resident*



\*Availability of this program varies by community.