

Main Meal

Brookdale Chatfield
Sunday, July 20, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Pasta of the Day

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

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Mashed Potatoes and Gravy

 Steamed Zucchini

Desserts

Feature

Strawberry Rhubarb
Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

 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 Chatfield
Monday, July 21, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Salisbury Steak

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Buttered Noodles

Buttered Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Homestyle Apple Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Chatfield

Tuesday, July 22, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

Beer Battered Cod

Deep fried beer battered cod served with a lemon wedge and tartar sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Boiled Red Skin Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Braised Cabbage

Desserts

Feature

Rainbow Sherbet

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Chatfield
Wednesday, July 23, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Fried Rice

 Fresh Vegetable Blend

Mashed Potatoes and Gravy

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Chatfield

Thursday, July 24, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Beef and Rice Meatballs

Ground beef and rice meatballs simmered in a traditional tomato sauce.

Turkey Breast with Orange Glaze

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Mashed Sweet Potatoes

 Steamed Kale

Mashed Potatoes and Gravy

Lyonnais Style Carrots

Desserts

Feature

Coconut Pudding with
Vanilla

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Chatfield
Friday, July 25, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Pan Seared Salmon

Salmon fillet lightly seasoned and pan seared.

Beef and Broccoli

Tender beef and fresh broccoli stir-fried in a tangy sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Rice with Mushrooms

 Steamed Summer Squash

Mashed Potatoes and Gravy

Buttered Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Classic Boston Cream
Pie Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Chatfield
Saturday, July 26, 2025

Salad of the Day

Tossed Green Salad

Featured Entrees

Pork Loin with Orange Marmalade Demi Glace Sauce
Tender roasted pork with an orange marmalade demi glace sauce.

Chicken Breast Parmesan
Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

 **Baked Whitefish with Lemon**
Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce
Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Roasted Rosemary Chicken Thighs
Garlic and rosemary marinated bone-in chicken, roasted to perfection.

Accompaniments

Potato Wedges

Roasted Brussels Sprouts

Mashed Potatoes and Gravy

 Steamed Green Peas

Desserts

Feature

Blueberry Cobbler

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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