

## Main Meal

Brookdale Chatfield

Sunday, July 20, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Parmesan Noodles

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Fresh Fruit Cup

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



Brookdale Chatfield

Sunday, July 20, 2025

### Featured Starters

#### Soup of the Day

Beef Barley Soup

#### Salad of the Day

Marinated Summer Slaw

### 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.

#### Linguine with Clam Sauce

Sauteed clams in wine sauce served over a bed of linguine.

#### Vegetable

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Zucchini

#### Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

### Desserts

#### Feature


Strawberry Rhubarb  
Crisp

#### Feature

Double Chocolate Chip  
Cookie

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield

Monday, July 21, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Tri Color Mash

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

Chilled Applesauce

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Brookdale Chatfield

Monday, July 21, 2025

### Featured Starters

#### Soup of the Day

Cream of Spinach Soup

#### Salad of the Day

Creamy Pasta 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.

#### Baked Manicotti


Manicotti noodles stuffed with assorted cheeses then baked in tomato sauce.

#### Vegetable

Buttered Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

#### Accompaniments

Buttered Noodles

Mashed Potatoes and Gravy

### Desserts

#### Feature

Homestyle Apple Cake

#### Feature

Brownies

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield

Tuesday, July 22, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Boiled Potatoes

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Fresh Fruit Cup

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Brookdale Chatfield

Tuesday, July 22, 2025

### Featured Starters

#### Soup of the Day

Spanish Chicken Soup

#### Salad of the Day

Marinated Tomato 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.

#### Franks and Beans

Thick cuts of franks together with homestyle baked beans in this classic dish.

#### Vegetable

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Braised Cabbage

#### Accompaniments

Boiled Red Skin Potatoes

Mashed Potatoes and Gravy

### Desserts

#### Feature

Rainbow Sherbet

#### Feature

Peanut Butter Cookie

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield

Wednesday, July 23, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Herb Stuffing

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Chilled Peaches

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Brookdale Chatfield

Wednesday, July 23, 2025

### Featured Starters

#### Soup of the Day

Cheeseburger Chowder

#### Salad of the Day

Classic Pea 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.

#### Vegetarian Black Bean Quesadillas

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

#### Vegetable


 Fresh Vegetable Blend

#### Accompaniments

Fried Rice

Sauteed Sugar Snap Peas

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Apple Pie

#### Feature

Mint Chocolate Chip Ice  
Cream

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield

Thursday, July 24, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Navy Beans

#### Also Available

Brookdale Chatfield

Thursday, July 24, 2025

### Featured Starters

#### Soup of the Day

Homestyle Chili

#### Salad of the Day

Mixed 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.

#### BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

#### Vegetable

 Steamed Kale

#### Accompaniments

Mashed Sweet Potatoes

Lyonnais Style Carrots

Mashed Potatoes and Gravy

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Fresh Fruit Cup

### Desserts

#### Feature

Coconut Pudding with  
Vanilla

#### Feature

Key Lime Pie

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield  
Friday, July 25, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Lemon Risotto

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Fresh Banana

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Brookdale Chatfield  
Friday, July 25, 2025

### Featured Starters

#### Soup of the Day

Manhattan Clam Chowder

#### Salad of the Day

Cottage Cheese and Fresh Fruit

### 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.

#### Veggie Burger

Veggie burger on a bun with cheese, lettuce, tomato & onion.

#### Vegetable


 Steamed Summer Squash

#### Accompaniments

Rice with Mushrooms

Buttered Cauliflower

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Classic Boston Cream  
Pie Cake

#### Feature

Pineapple Upside Down  
Cake

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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## Main Meal

Brookdale Chatfield

Saturday, July 26, 2025

### Seasonal Starters

#### Soup of the Season

Garden Vegetable Soup

#### Salad of the Season

Sour Cream Cucumber Salad

### Seasonal Entrees

#### 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.

#### Accompaniment

Potatoes Romanoff

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Lemon Italian Ice

#### Cookie of the Month

Carnival Cookie

#### Fruit

 Fresh Fruit Cup

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Brookdale Chatfield

Saturday, July 26, 2025

### Featured Starters

#### Soup of the Day

Pasta Fagioli

#### Salad of the Day

Three Bean 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.

#### Tuna Melt Sandwich


Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

#### Vegetable

Roasted Brussels Sprouts

#### Accompaniments

Potato Wedges

 Steamed Green Peas

Mashed Potatoes and Gravy

### Desserts

#### Feature

Blueberry Cobbler

#### Feature

Salted Caramel Ice  
Cream

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Pudding

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