Brookdale Plymouth Sunday, July 20, 2025

Starters

Marinated Summer Slaw

Featured Entrees

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

- Always Available -

Doven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Fingerling Potatoes with Fresh Herbs

Buttered Carrots

Desserts

<u>Fruit</u> <u>Guiltless Pleasures</u>



Brookdale Plymouth Monday, July 21, 2025

Starters

Lemony Waldorf Salad

Featured Entrees

Chicken with Pineapple Salsa Baked breast of chicken topped with a spicy pineapple tomato salsa.

- Always Available -

Oven Baked Fried Chicken Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Risotto a la Pecorino

Sauteed Spinach

Item can be prepared as an 🕏 Optimum Life Cuisine Option

<u>esserts</u>

Feature

Fruit

Guiltless Pleasures

Reduced Sugar Strawberry Cake



Brookdale Plymouth Tuesday, July 22, 2025

Starters

Mediterranean Salad

Featured Entrees

D Veal Piccata

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

- Always Available -

Doven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Pasta of the Day

Item can be prepared as an Doptimum Life Cuisine Option

Steamed Zucchini

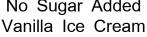
<u>Desserts</u>

Feature

Fruit Chilled Pears **Guiltless Pleasures**

No Sugar Added

Raspberry Sherbet





Brookdale Plymouth Wednesday, July 23, 2025

Starters

Classic Pea Salad

Featured Entrees

Ginger Roasted Salmon

Oven roasted salmon topped with a ginger honey sauce.

- Always Available -

© Oven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Homestyle Potatoes

Tresh Vegetable Blend

Desserts

FeatureFruitGuiltless PleasuresPecan PieChilled PeachesSugar Free Pecan Pie



Brookdale Plymouth Thursday, July 24, 2025

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

Doven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Cottage Macaroni and Cheese

Buttered Kale

Item can be prepared as an ${\mbox{\ensuremath{\baselineskip}\hspace}}$ Optimum Life Cuisine Option

Desserts

<u>Feature</u> <u>Fruit</u> <u>Guiltless Pleasures</u>



Brookdale Plymouth Friday, July 25, 2025

Starters

Beet and Apple Salad

Featured Entrees

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

- Always Available -

Doven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Hash Brown Potatoes

Steamed Summer Squash

Desserts

Feature

Sponge Cake

Chocolate Frosted

Fruit

Chilled Applesauce

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<u>Guiltless Pleasures</u> Reduced Sugar Frosted

Marble Cake

Marble Cake



Brookdale Plymouth Saturday, July 26, 2025

Starters

Garbanzo Salad

Featured Entrees

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

- Always Available -

To Oven Baked Fried Chicken

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

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

D Roasted Rosemary Potatoes

Roasted Brussels Sprouts

Desserts

<u>Feature</u>

Guiltless Pleasures

Baked Custard Pie

Fruit

Fresh Fruit Cup

Tresh Fruit Cup Reduced Sugar Custard Pie

