

Main Meal

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 -

 **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

Fingerling Potatoes with Fresh Herbs

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Crumb Pie

Fruit

 Mixed Melons

Guiltless Pleasures

No Sugar Added Peach
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 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

Desserts

Feature

Strawberry Angel Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Strawberry Cake

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Main Meal

Brookdale Plymouth
Tuesday, July 22, 2025

Starters

Mediterranean Salad

Featured Entrees

 **Veal Piccata**

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

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Zucchini**

Desserts

Feature

Raspberry Sherbet

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

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

 **Fresh Vegetable Blend**

Desserts

Feature

Pecan Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Sugar Free Pecan Pie

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Main Meal

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 -

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

Cottage Macaroni and Cheese

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Dessert

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

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 -

 **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

Hash Brown Potatoes

 **Steamed Summer Squash**

Desserts

Feature

Chocolate Frosted
Sponge Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Marble Cake

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Main Meal

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 -

 **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

 **Roasted Rosemary Potatoes**

Roasted Brussels Sprouts

Desserts

Feature

Baked Custard Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Custard
Pie

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