

Main Meal

Brookdale Pointe West

Sunday, July 20, 2025

Starters

Tomato and Cucumber Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.


Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Boiled Potatoes with Dill

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Bread Pudding

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 Pointe West

Monday, July 21, 2025

Starters

Cucumber Dill Salad

Featured Entrees

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Egg Noodles

 **Steamed Spinach**

Desserts

Feature

Strawberry Shortcake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Strawberry Cake

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Main Meal

Brookdale Pointe West

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 -

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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 Pointe West
Wednesday, July 23, 2025

Starters

Classic Pea Salad

Featured Entrees

 **Ginger Roasted Salmon**

Oven roasted salmon topped with a ginger honey sauce.

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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 Pointe West
Thursday, July 24, 2025

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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 Pointe West

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 -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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 Pointe West
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 -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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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