

Main Meal

Brookdale West Melbourne AL

Sunday, July 20, 2025

Starters

Tossed Garden Salad

Featured Entrees

Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

- Always Available -

Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Scalloped Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 West Melbourne AL

Monday, July 21, 2025

Starters

Tossed Garden Salad

Featured Entrees

Honey Ginger Glazed Chicken

Chicken baked to perfection with ginger, garlic and honey glaze.

- Always Available -

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Rice Pilaf

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cookies and Cream
Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Tuesday, July 22, 2025

Starters

Tossed Garden Salad

Featured Entrees

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

- Always Available -

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Zucchini**

Desserts

Feature

Rainbow Sherbet

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Wednesday, July 23, 2025

Starters

Tossed Garden Salad

Featured Entrees

 Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

- Always Available -

 Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Homestyle Potatoes

 Fresh Vegetable Blend

Desserts

Feature

Chocolate Cream Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Thursday, July 24, 2025

Starters

Tossed Garden Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Cottage Macaroni and Cheese

 Roasted Fresh Green Beans and Red Peppers

Desserts

Feature

Lime Gelatin

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Friday, July 25, 2025

Starters

Tossed Garden Salad

Featured Entrees

 **Chicken with Country Gravy**

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

- Always Available -

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

 Baked Potato

 Steamed Summer Squash

Desserts

Feature

Frosted Yellow Cupcake

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Saturday, July 26, 2025

Starters

Tossed Garden Salad

Featured Entrees

Pork Loin with Orange Marmalade Demi Glace Sauce

Tender roasted pork with an orange marmalade demi glace sauce.

- Always Available -

 **Baked Flounder**

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

 **Roasted Rosemary Potatoes**

Roasted Brussels Sprouts

Desserts

Feature

Banana Cream Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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