

Main Meal

Brookdale Winona  
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**

Fruit of the Forest 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 Winona  
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**

 **Steamed Brown Rice**

**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 Winona  
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 Winona  
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 Winona  
Thursday, July 24, 2025

## **Starters**

Vegetable Crudites with Cheese Plate

## **Featured Entrees**

### **Barbecue Beef Ribs**

Moist and tender, slow roasted beef ribs cooked in barbecue 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**

Tropical Hawaiian  
Delight

### **Fruit**

 Pineapple Chunks

### **Guiltless Pleasures**

Reduced Sugar French  
Vanilla Mousse

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Main Meal

Brookdale Winona  
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 Winona  
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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