

Main Meal

Brookdale Chandler Regional

Sunday, July 20, 2025

Salad of the Day

Mixed Green Salad

Featured Entrees

Hamburger Stroganoff

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

Grilled Breast of Chicken

Marinated grilled breast of chicken.

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun


Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Buttered Carrots

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Egg Noodles

Garden Blend Rice

Desserts

Feature

Blueberry Pie

Fruit

 Mixed Melons

Guiltless Pleasures

Reduced Sugar
Pumpkin 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 Chandler Regional

Monday, July 21, 2025

Salad of the Day

Beet Salad with Feta Cheese

Featured Entrees

 **Chicken with Pineapple Salsa**

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

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

- Always Available -

 **Catch of the Day**

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Sauteed Mushrooms and Onions

Lyonnise Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Sweet Potato Tots

Baked Beans

Desserts

Feature

Red Velvet Cake

Fruit

 Peaches and Pears

Guiltless Pleasures

No Sugar Added Butter
Pecan Ice Cream

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Main Meal

Brookdale Chandler Regional

Tuesday, July 22, 2025

Salad of the Day

Pineapple Cole Slaw

Featured Entrees

 **Veal Piccata**

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

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Catch of the Day**

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

 **Steamed Zucchini**

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Parslied Buttered Noodles

 **Baked Potato**

Desserts

Feature

Strawberry Ice Cream

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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Main Meal

Brookdale Chandler Regional

Wednesday, July 23, 2025

Salad of the Day

Harvest Spring Salad with Cranberries and Walnuts

Featured Entrees

 **Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

 **Catch of the Day**

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

 **Fresh Vegetable Blend**

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

 **Mashed Sweet Potatoes**

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Sugar Free Lemon
Gelatin

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Main Meal

Brookdale Chandler Regional

Thursday, July 24, 2025

Salad of the Day

Sour Cream Cucumber Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Seasoned Baked Halibut with Lemon

Lightly breaded halibut fillet, seasoned with lemon and paprika.

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Garlic Mashed Potatoes

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tapioca Pudding

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Chandler Regional

Friday, July 25, 2025

Salad of the Day

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

Beef and Broccoli

Tender beef and fresh broccoli stir-fried in a tangy sauce.

- Always Available -

 **Catch of the Day**

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

 **Steamed Yellow Squash**

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Golden Hash Brown Patties

Tater Tots

Desserts

Feature

Frosted Carrot Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

**No Sugar Added
Blueberry Pie**

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Main Meal

Brookdale Chandler Regional

Saturday, July 26, 2025

Salad of the Day

Garbanzo Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Grilled Turkey Burger

with lettuce and tomato on a bun

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Roasted Brussels Sprouts

Green Beans Almondine

 Pasta with Tomato Basil Sauce

Pasta Salad

Desserts

Feature

Banana Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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