

Main Meal

Brookdale Highlands  
Sunday, July 20, 2025

## **Salad of the Day**

Tomato and Onion Salad

## **Featured Entrees**

### **Hamburger Stroganoff**

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

### **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

Buttered Carrots

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Navy Beans

## **Desserts**

### **Feature**

Peach Cobbler

### **Fruit**

 Mixed Melons

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

 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 Highlands  
Monday, July 21, 2025

## **Salad of the Day**

Mini Caesar Salad

## **Featured Entrees**

### **Bourbon Chicken Thighs**

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Au Gratin Potatoes

## **Desserts**

### **Feature**

Strawberry Angel Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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Main Meal

Brookdale Highlands  
Tuesday, July 22, 2025

## **Salad of the Day**

Carrot Raisin Salad

## **Featured Entrees**

### **Baked Ham with Cherry Sauce**

Premium ham slow roasted and served with a sweet cherry sauce.

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

 Steamed Zucchini

Baked Cauliflower

Egg Noodles

 Baked Potato

## **Desserts**

### **Feature**

Ice Cream of the Day

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Highlands  
Wednesday, July 23, 2025

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Chicken with Country Gravy**

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

### **BBQ Baby Back Ribs**

Tender pork ribs cooked with a homemade BBQ glaze.

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

 **Fresh Vegetable Blend**

**Buttered Cabbage**

Item can be prepared as an  Optimum Life Cuisine Option

**Macaroni and Cheese**

**Country Fried Sweet Potato**

## **Desserts**

### **Feature**

**Pecan Pie**

### **Fruit**

 **Chilled Peaches**

### **Guiltless Pleasures**

**Sugar Free Lemon  
Cookie**

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Main Meal

Brookdale Highlands

Thursday, July 24, 2025

## **Salad of the Day**

Tomato and Cucumber Salad

## **Featured Entrees**

### **Beef Stew**

Tender beef and vegetables in this homestyle classic.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

Buttered Kale

Lyonnais Style Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Anna Potatoes

## **Desserts**

### **Feature**


Cheesecake

### **Fruit**

 Pineapple Chunks

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Highlands  
Friday, July 25, 2025

## **Salad of the Day**

Broccoli, Bacon and Onion Salad

## **Featured Entrees**

### **Catfish Nuggets**

Bite size catfish pieces flash fried to golden brown.

### **Beef and Broccoli**

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

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

 **Steamed Summer Squash**

**Sauteed Sugar Snap Peas**

Item can be prepared as an  Optimum Life Cuisine Option

**Steamed White Rice**

**Barley Pilaf**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

**Chocolate Cake**

### **Fruit**

**Chilled Applesauce**

### **Guiltless Pleasures**

**Sugar Free Strawberry  
Gelatin**

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Main Meal

Brookdale Highlands  
Saturday, July 26, 2025

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Smothered Pork Chops**

Southern classic pan-fried pork chops covered in an onion gravy.

### **Traditional Roast Turkey**

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

### **- Always Available -**

### **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

## **Accompaniments**

Roasted Brussels Sprouts

 Steamed Italian Green Beans

Mashed Potatoes and Gravy

Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Bread Pudding

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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