

Main Meal

Brookdale Charleston Gardens

Sunday, July 20, 2025

Starters

Mixed Green Salad

Featured Entrees

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich


A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Crumb Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

 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 Charleston Gardens

Monday, July 21, 2025

Starters

Tossed Garden Salad

Featured Entrees

 **Grilled Chicken with Garden Vegetable Salsa**
Grilled breast of chicken served with fresh garden salsa.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Roasted Peruvian Potatoes

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Raspberry Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Charleston Gardens

Tuesday, July 22, 2025

Starters

Mixed Green Salad with Dressing

Featured Entrees

Mojo Marinated Pork

Tender and juicy pork roast served with a spicy dipping sauce.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Scalloped Potatoes

 **Steamed Chef's Mixed Vegetables**

Desserts

Feature

Orange Sherbet

Fruit

 Fresh Fruit Salad

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Charleston Gardens

Wednesday, July 23, 2025

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Ginger Roasted Salmon**

Oven roasted salmon topped with a ginger honey sauce.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Garden Barley Pilaf

 Fresh Vegetable Blend

Desserts

Feature

Pecan Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Charleston Gardens

Thursday, July 24, 2025

Starters

Mixed Green Salad

Featured Entrees

Almond Crusted Tilapia

Fillet of tilapia with a parmesan almond crust.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Cottage Macaroni and Cheese

Buttered Winter Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chewy Brownies

Fruit

 Tropical Fruit

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Charleston Gardens

Friday, July 25, 2025

Starters

Mixed Green Salad

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Steak Fries

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Frosted
Sponge Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Charleston Gardens

Saturday, July 26, 2025

Starters

Tossed Green Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Baked Flounder**

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

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

 **Grilled Breast of Chicken with Dijon Mustard Sauce**

Grilled marinated breast of chicken served with a tangy Dijon mustard sauce.

Accompaniments

Mashed Potatoes

 Steamed Winter Mix

Desserts

Feature

Baked Custard Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

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