

Main Meal

Brookdale Palma Sola

Sunday, July 20, 2025

## **Salad of the Day**

Marinated Summer Slaw

## **Featured Entrees**

### **Beef Ragout**

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

### **Basa Baked in White Wine**

Fillet of basa baked with white wine and served with fresh lemon.

### **- 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**

Buttered Carrots

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Fingerling Potatoes with Fresh Herbs

Garden Blend Rice

## **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 Palma Sola

Monday, July 21, 2025

## **Salad of the Day**

Lemony Waldorf Salad

## **Featured Entrees**

### **Chicken with Pineapple Salsa**

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

### **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.

### **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**

Sauteed Spinach

Lima Bean Medley

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Brown Rice

Au Gratin Potatoes

## **Desserts**

### **Feature**

Strawberry Angel Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

Reduced Sugar  
Strawberry Cake

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Main Meal

Brookdale Palma Sola  
Tuesday, July 22, 2025

## **Salad of the Day**

Mediterranean Salad

## **Featured Entrees**

 **Veal Piccata**

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

**Baked Rosemary Chicken**

Juicy, bone-in chicken quarters seasoned with rosemary and lemon.

**- 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 Zucchini**

**Baked Cauliflower**

**Pasta of the Day**

 **Baked Potato**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Raspberry Sherbet

**Fruit**

 **Chilled Pears**

**Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Palma Sola  
Wednesday, July 23, 2025

## **Salad of the Day**

Classic Pea Salad

## **Featured Entrees**

### **Ginger Roasted Salmon**

Oven roasted salmon topped with a ginger honey sauce.

### **Breaded Pork Steak**

Lightly seasoned lean pork fillet breaded and cooked to perfection.

### **- 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**

 Fresh Vegetable Blend

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Potatoes

Country Fried Sweet Potato

## **Desserts**

### **Feature**

Pecan Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

Sugar Free Pecan Pie

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Main Meal

Brookdale Palma Sola  
Thursday, July 24, 2025

## **Salad of the Day**

Vegetable Crudites with Cheese Plate

## **Featured Entrees**

### **Barbecue Beef Ribs**

Moist and tender, slow roasted beef ribs cooked in barbecue sauce.

### **Seasoned Baked Sole With Lemon**

Oven baked sole sprinkled with lemon juice, parsley and paprika.

### **- 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**

Buttered Kale

Lyonnais Style Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Cottage Macaroni and Cheese

Anna Potatoes

## **Desserts**

### **Feature**

Tropical Hawaiian  
Delight

### **Fruit**

 Pineapple Chunks

### **Guiltless Pleasures**

Reduced Sugar French  
Vanilla Mousse

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Main Meal

Brookdale Palma Sola

Friday, July 25, 2025

## **Salad of the Day**

Beet and Apple Salad

## **Featured Entrees**

### **Chicken with Country Gravy**

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

### **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.

### **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 Summer Squash**

**Sauteed Sugar Snap Peas**

Item can be prepared as an  Optimum Life Cuisine Option

**Hash Brown Potatoes**

**White Rice**

## **Desserts**

### **Feature**

Chocolate Frosted  
Sponge Cake

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Marble Cake

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Main Meal

Brookdale Palma Sola  
Saturday, July 26, 2025

## **Salad of the Day**

Garbanzo Salad

## **Featured Entrees**

**Pork Loin with Orange Marmalade Demi Glace Sauce**  
Tender roasted pork with an orange marmalade demi glace sauce.

**Turkey Scallopini**  
Sauteed turkey breast pieces served with a marsala based 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 Brussels Sprouts

 Steamed Italian Green Beans

 Roasted Rosemary Potatoes

Orzo Pilaf

## **Desserts**

### **Feature**

Baked Custard Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Reduced Sugar Custard  
Pie

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