

Main Meal

Brookdale North Tucson

Sunday, July 20, 2025

Starters

Mixed Green Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

 **Baked Tilapia**

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Macaroni and Cheese

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pumpkin Pie

Fruit

Tropical 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 North Tucson

Monday, July 21, 2025

Starters

Mixed Green Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Baked Tilapia

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Mashed Potatoes and Gravy

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Angel Food Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale North Tucson

Tuesday, July 22, 2025

Starters

Mixed Green Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

- Always Available -

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

 **Baked Tilapia**

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Fried Mushrooms

Desserts

Feature

Ice Cream of the Day

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale North Tucson
Wednesday, July 23, 2025

Starters

Mixed Green Salad

Featured Entrees

Ginger Roasted Salmon

Oven roasted salmon topped with a ginger honey sauce.

- Always Available -

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Baked Tilapia

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Rice Pilaf

 Steamed Carrots

Desserts

Feature

Pecan Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale North Tucson

Thursday, July 24, 2025

Starters

Mixed Green Salad

Featured Entrees

Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

- Always Available -

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

 **Baked Tilapia**

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

White Rice

 **Steamed Carrots**

Desserts

Feature

Bread Pudding

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale North Tucson

Friday, July 25, 2025

Starters

Mixed Green Salad

Featured Entrees

Oven Fried Chicken Thighs

Golden crispy-coated oven fried bone-in chicken thighs.

- Always Available -

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

 **Baked Tilapia**

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Green Beans

Desserts

Feature

Chocolate Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale North Tucson
Saturday, July 26, 2025

Starters

Mixed Green Salad

Featured Entrees

Applesauce Pork Chop

Lean bone-in pork chop topped with applesauce and cinnamon and baked.

- Always Available -

Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

Baked Tilapia

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

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

Macaroni and Cheese

 Steamed Broccoli

Desserts

Feature

Cherry Cobbler

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

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