

Main Meal

Brookdale Roseburg
Sunday, July 20, 2025

Starters

Marinated Summer Slaw

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

 Baked Sweet Potato

Roasted Fall Vegetables

Desserts

Feature

Peach 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 Roseburg
Monday, July 21, 2025

Starters

Lemony Waldorf Salad

Featured Entrees

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

 **Steamed Brown Rice**

 **Steamed Green Peas**

Desserts

Feature

Banana Cream Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Strawberry Cake

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Main Meal

Brookdale Roseburg
Tuesday, July 22, 2025

Starters

Tossed Green Salad

Featured Entrees

Brazilian Pork Stew with Black Beans

A traditional Brazilian stew made with pork and black beans.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger


All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Steamed Zucchini

Desserts

Feature

Raspberry Sherbet

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Roseburg
Wednesday, July 23, 2025

Starters

Classic Pea Salad

Featured Entrees

Fourth of July Hamburger

All beef patty grilled served on a bun with fresh lettuce, tomato and onion.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

Creamy Macaroni Salad

 Fresh Vegetable Blend

Desserts

Feature

Chocolate Chip Cookie
Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Sugar Free Pecan Pie

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Main Meal

Brookdale Roseburg
Thursday, July 24, 2025

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

Tex Mex Rice

 Steamed Broccoli

Desserts

Feature

Butterscotch Pudding

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Roseburg
Friday, July 25, 2025

Starters

Tossed Green Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

 **Steamed Brown Rice**

Tomato Basil Salad

Desserts

Feature

Tropical Pineapple
Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Frosted
Marble Cake

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Main Meal

Brookdale Roseburg
Saturday, July 26, 2025

Starters

Chopped Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Accompaniments

Curried Potatoes and Onions

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Custard
Pie

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