

Main Meal

Brookdale Admiral Heights

Sunday, July 20, 2025

Salad of the Day

Minted Cucumber Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Baked Trout

Oven baked trout fillet sprinkled with lemon juice.

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Dirty Rice

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

 Steamed Broccoli

Desserts

Feature

Coconut Cream Pie

Fruit

 Mixed Melons

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

 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 Admiral Heights

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 -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

 **Steamed Brown Rice**

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

 **Steamed Spinach**

Desserts

Feature

Vanilla Cream Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Admiral Heights

Tuesday, July 22, 2025

Salad of the Day

Mediterranean Salad

Featured Entrees

 Applesauce Pork Chop

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

Baked Rosemary Chicken

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

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Herb and Cheese Gnocchi

 Steamed Zucchini

Loaded Baked Potato

Baked Cauliflower

Desserts

Feature

M & M Cookies

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Admiral Heights

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.

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Baked Beans

 Fresh Vegetable Blend

Jasmine Rice

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pecan Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Admiral Heights

Thursday, July 24, 2025

Salad of the Day

Mixed Green Salad

Featured Entrees

Swiss Steak with Tomatoes

Tender, lean cube steak oven baked with onions and tomatoes.

Provençal Chicken

Tender chicken breast served in a tomato, olive, garlic and wine sauce.

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Mashed Potatoes and Gravy

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Lyonnais Style Carrots

Desserts

Feature

Tropical Fruit Gelatin

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Admiral Heights

Friday, July 25, 2025

Salad of the Day

Carrot Raisin Salad

Featured Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Friday Fish Fry

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

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Parmesan Noodles

 Steamed Summer Squash

Classic French Fries

Cole Slaw

Desserts

Feature

Carrot Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Admiral Heights

Saturday, July 26, 2025

Salad of the Day

Mixed Green Salad

Featured Entrees

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

Turkey Scallopini

Sauteed turkey breast pieces served with a marsala based sauce.

- Always Available -

Crumb Baked Pollock

Oven baked fillet of pollock coated with seasoned bread crumbs.

Homemade Chicken Salad Sandwich

Homemade chicken salad with relish served on white bread.

Turkey and Pesto Panini

Grilled sandwich of roasted turkey, cheese and pesto.

Accompaniments

Pasta of the Day

Roasted Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Candied Yams

 Steamed Italian Green Beans

Desserts

Feature

Baked Custard Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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