Sunday, July 20, 2025

#### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

Parmesan Noodles

#### **Brookdale Admiral Heights**

Sunday, July 20, 2025

### **Featured Starters**

Soup of the Day

Salad of the Day

Beef Barley Soup

Marinated Summer Slaw

## **Featured Entrees**

**Beef Stew** Tender beef and vegetables in this homestyle classic.

Baked Trout Oven baked trout fillet sprinkled with lemon juice.

Chicken Schnitzel Breaded chicken breast sautéed and served with lemon caper sauce.

Vegetable

Accompaniments

**Buttered Carrots** 

Dirty Rice

Item can be prepared as an 50 Optimum Life Cuisine Option

Steamed Broccoli

Macaroni and Cheese

# Desserts

**Guiltless Pleasures** 

No Sugar Added Chocolate Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

# **Seasonal Desserts**

Cookie of the Month Carnival Cookie

Fruit D Mixed Melons

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Ice Cream of the Month Lemon Italian Ice

Feature

Coconut Cream Pie

Lemon Mousse

Monday, July 21, 2025

#### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

Fruit

Tri Color Mash

#### **Brookdale Admiral Heights**

Monday, July 21, 2025

## **Featured Starters**

Soup of the Day

Salad of the Day

Creamy Asparagus Soup

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.

Honey Lime Whitefish Broiled whitefish marinated with honey and key lime juice.

Vegetable

Accompaniments

Sauteed Spinach

Steamed Brown Rice

Item can be prepared as an 50 Optimum Life Cuisine Option

Steamed Spinach

Feature

Vanilla Cream Cake

Mashed Potatoes and Gravy

#### Desserts Feature

**Brownies** 

**Guiltless Pleasures** 

Sugar Free Chocolate Chip Cookie

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

# **Seasonal Desserts**

Ice Cream of the Month Cookie of the Month Lemon Italian Ice Carnival Cookie

Di Mandarin Oranges

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Tuesday, July 22, 2025

### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

**Boiled Potatoes** 

## **Seasonal Desserts**

Ice Cream of the Month Cookie of the Month Lemon Italian Ice Carnival Cookie

Fruit Chilled Pears

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

**Brookdale Admiral Heights** 

Tuesday, July 22, 2025

## **Featured Starters**

Soup of the Day

Old Fashioned Chicken Noodle Soup

Mediterranean Salad

Salad of the Day

## **Featured Entrees**

D Applesauce Pork Chop Lean bone-in pork chop topped with applesauce and cinnamon and baked.

**Baked Rosemary Chicken** Juicy, bone-in chicken guarters seasoned with rosemary and lemon.

**Tri-Tip Beef Roast** Garlic marinated beef served with pan grilled tomatoes and onions.

Vegetable

Accompaniments

Discrete Steamed Zucchini

Herb and Cheese Gnocchi

Baked Cauliflower

Loaded Baked Potato

# Desserts

**Guiltless Pleasures** 

M & M Cookies

Peanut Butter Pie

No Sugar Added Vanilla Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Feature

Wednesday, July 23, 2025

#### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

Herb Seasoned Rice

Lemon Italian Ice

#### **Seasonal Desserts**

**Cookie of the Month** Ice Cream of the Month Carnival Cookie

Fruit Dilled Peaches

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

**Brookdale Admiral Heights** 

Wednesday, July 23, 2025

### **Featured Starters**

Soup of the Day

Salad of the Day

Corn Chowder

Classic Pea Salad

## **Featured Entrees**

D Ginger Roasted Salmon Oven roasted salmon topped with a ginger honey sauce.

**Barbecue Chicken** Chicken guarters grilled and basted with homemade barbecue sauce.

Chicken Adobo Bone-in chicken thighs simmered in a garlic soy sauce.

Vegetable

5 Fresh Vegetable Blend

Baked Beans

Accompaniments

Buttered Cabbage

Jasmine Rice

Item can be prepared as an 🖏 Optimum Life Cuisine Option

# Desserts

Chocolate Cake with

Fudge Frosting

Feature Pecan Pie Feature

**Guiltless Pleasures** 

No Sugar Added Strawberry Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Thursday, July 24, 2025

## **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

Navy Beans

## **Seasonal Desserts**

Ice Cream of the Month Lemon Italian Ice

Cookie of the Month Carnival Cookie

Fruit Dineapple Chunks

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

**Brookdale Admiral Heights** 

Thursday, July 24, 2025

## **Featured Starters**

Soup of the Day

Salad of the Day

Homestyle Chili

Vegetable Crudites with Cheese Plate

## **Featured Entrees**

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

Directory Provence | Chicken

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

French Onion Pork Chop Baked pork chop with Swiss cheese topping and onion sauce.

Vegetable

Accompaniments

Buttered Kale

Mashed Potatoes and Gravy

Item can be prepared as an 🖄 Optimum Life Cuisine Option

Lyonnaise Style Carrots

Feature

Tropical Fruit Gelatin

Orzo Pilaf

# Desserts

**Guiltless Pleasures** 

No Sugar Added Chocolate Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Lemon Chess Pie

Friday, July 25, 2025

#### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## **Seasonal Entrees**

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.

Accompaniment

Also Available

Barley Pilaf

Ice Cream of the Month

Lemon Italian Ice

#### **Seasonal Desserts**

Cookie of the Month Carnival Cookie

Fruit Chilled Applesauce

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

**Brookdale Admiral Heights** 

Friday, July 25, 2025

## **Featured Starters**

Soup of the Day

Salad of the Day

Homemade Clam Chowder

Beet and Apple 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.

Grilled Perch Grilled perch fillet seasoned with oregano and a splash of lemon juice.

Vegetable

🗇 Steamed Summer Squash

Accompaniments

Parmesan Noodles

Cole Slaw

**Classic French Fries** 

# Desserts

**Guiltless Pleasures** 

Carrot Cake

Apricot Tapioca Parfait

No Sugar Added Vanilla Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Feature

Saturday, July 26, 2025

#### **Seasonal Starters**

Soup of the Season

Salad of the Season

Main Meal

Garden Vegetable Soup

Sour Cream Cucumber Salad

## Seasonal Entrees

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.

Accompaniment

Also Available

Potatoes Romanoff

## **Seasonal Desserts**

Ice Cream of the Month Lemon Italian Ice

Cookie of the Month Carnival Cookie

Fruit Difference Fruit Cup

Doptimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

**Brookdale Admiral Heights** 

Saturday, July 26, 2025

### **Featured Starters**

Soup of the Day

Salad of the Day

Minestrone Soup

Garbanzo 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.

Seasoned Lamb Patties Ground lamb patties lightly seasoned then oven baked.

Vegetable

Accompaniments

Roasted Brussels Sprouts

Pasta of the Day

Item can be prepared as an 50 Optimum Life Cuisine Option

Steamed Italian Green Beans

Candied Yams

## Desserts

**Guiltless Pleasures** 

No Sugar Added Strawberry Ice Cream

5 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Feature

Baked Custard Pie

Feature

Carrot Cake

