

Main Meal

Brookdale Vestal West

Sunday, July 13, 2025

## **Salad of the Day**

Spinach and Strawberry Salad

## **Featured Entrees**

### **BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

### **Baked Ham**

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

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Creamed Green Peas

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Scalloped Potatoes

Sweet Potato Hash

## **Desserts**

### **Feature**

Chocolate Raspberry  
Cake

### **Fruit**

Chilled Applesauce

### **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 Vestal West

Monday, July 14, 2025

## **Salad of the Day**

Broccoli Raisin Salad

## **Featured Entrees**

### **Salmon with Citrus Beurre Blanc Sauce**

Seared fillet of salmon served with a lemon butter cream sauce.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **- Always Available -**

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Steamed Brussels Sprouts

Zesty Stewed Tomatoes

Herb Roasted Red Potatoes

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Chocolate Cream Pie

### **Fruit**

Chilled Applesauce

### **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 Vestal West  
Tuesday, July 15, 2025

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Baked Ham**

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

### **Zesty Meatloaf**

Ground beef loaf topped with a ketchup and brown sugar glaze.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Steamed Carrots

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Scalloped Potatoes

Rice Pilaf

## **Desserts**

### **Feature**

Cinnamon Crumb Cake

### **Fruit**

Chilled Applesauce

### **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 Vestal West  
Wednesday, July 16, 2025

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Roast Pork Loin**

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

### **Breaded Breast of Chicken**

Baked chicken breast rolled in parmesan seasoned breadcrumbs.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Buttered Broccoli

 Steamed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Garlic Mashed Potatoes

Couscous with Herbs

## **Desserts**

### **Feature**

Blueberry Crisp

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added  
Chocolate Chip 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 Vestal West  
Thursday, July 17, 2025

## **Salad of the Day**

Bacon Ranch Pea Salad

## **Featured Entrees**

### **Brats with Caramelized Onions and Grilled Peppers**

Grilled bratwurst with beer braised onions and peppers served on a roll.

### **Roast Sirloin of Beef with Gravy**

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

#### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

#### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Baked Beans

## **Desserts**

### **Feature**

Bread Pudding

### **Fruit**

Chilled Applesauce

### **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 Vestal West

Friday, July 18, 2025

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Hamburger Stroganoff**

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

### **Parmesan Crusted Tilapia**

Sauteed tilapia, lightly breaded with parmesan cheese.

### **- Always Available -**

### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Steamed Spinach

Buttered Beets

Item can be prepared as an  Optimum Life Cuisine Option

Fingerling Potatoes with Fresh Herbs

Buttered Noodles

## **Desserts**

### **Feature**

Brownies

### **Fruit**

Chilled Applesauce

### **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 Vestal West  
Saturday, July 19, 2025

## **Salad of the Day**

Cucumber and Onion Salad

## **Featured Entrees**

### **Lemon Dijon Chicken**

Marinated breast of chicken served with a lemon Dijon mustard sauce.

### **Beef Stew**

Tender beef and vegetables in this homestyle classic.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Tuna Salad Sandwich**

Homemade tuna salad served on white bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Steamed Sugar Snap Peas

Buttered Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Blend

Buttered Noodles

## **Desserts**

### **Feature**

Frosted Banana Cake

### **Fruit**

Chilled Applesauce

### **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.

