

Main Meal

Brookdale Apache Junction.

Sunday, August 16, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

 Broiled Whitefish

Fillet of whitefish lightly seasoned and broiled.

- Always Available -

 Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Buttered Butternut Squash

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Walnut Apple Rice

Desserts

Feature

Chef Tito's Cherry
Cobbler

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.

Monday, August 17, 2026

Salad of the Day

 Black Bean Salad

Featured Entrees

Summertime Tilapia

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

- Always Available -

Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Zesty Stewed Tomatoes

 Fresh Vegetable Blend

 Baked Sweet Potato

Roasted Yukon Potato Wedge

Desserts

Feature

Carrot Cake Supreme

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.

Tuesday, August 18, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Apple Glazed Chicken

Bone in chicken baked with an apple cinnamon glaze.

Chicken Liver

Sauteed chicken livers topped with crisp bacon, onions and gravy.

- Always Available -

 Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Peas and Carrots Ribbons

 Fresh Vegetable Blend

 Baked Potato

Mashed Potatoes and Gravy

Desserts

Feature

Homemade Peach Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.
Wednesday, August 19, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Turkey and White Bean Chili

A hearty turkey and white bean chili.

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

- Always Available -

 **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Braised Cabbage

 Fresh Vegetable Blend

 Baked Sweet Potato

Potato Wedges

Desserts

Feature

Angel Food Cake

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.

Thursday, August 20, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

Spanish Style Chicken

Chicken quarters with peppers, onions, and olives in a tomato sauce.

- Always Available -

Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Ratatouille

 Fresh Vegetable Blend

 Baked Potato

Parmesan Polenta

Desserts

Feature

Peanut Butter Fudge
Ice Cream

Fruit

 Apricot Halves

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.

Friday, August 21, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Chicken Shawarma Kabob**

Grilled pieces of tender chicken breast served with a garlic lemon sauce.

Friday Fish Fry

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

- Always Available -

 **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Sweet and Sour Beets

 Fresh Vegetable Blend

 Baked Sweet Potato

Steak Fries

Desserts

Feature

Chocolate Cream Pie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Apache Junction.

Saturday, August 22, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Pork Chop with Peach Salsa**

Tender boneless pork chop grilled and served with zesty peach salsa.

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

 **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

Dijon Crusted Tilapia

Tilapia fillet seasoned with Dijon Honey Mustard and crispy onion bits.

Mushroom Swiss Cheeseburger

All beef patty served with Swiss cheese and mushrooms on a soft bun.

Accompaniments

Buttered Carrots

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Sweet Potato Tots

Desserts

Feature

Chocolate Frosted
Brownies

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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

