

Main Meal

Brookdale Green Hills Cumberland

Sunday, September 20, 2026

Salad of the Day

Greek Salad

Featured Entrees

Roast Pork Loin

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

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Lyonnais Style Green Beans

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Desserts

Feature

Chewy Brownies

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 Green Hills Cumberland

Monday, September 21, 2026

Salad of the Day

Greek Salad

Featured Entrees

Baked Haddock

Haddock baked in the oven with a squeeze of lemon juice.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Corn on the Cob

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

Baked Beans

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Green Hills Cumberland

Tuesday, September 22, 2026

Salad of the Day

Greek Salad

Featured Entrees

Eggplant Parmesan

Breaded eggplant layered with cheese and Italian meat sauce and baked.

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Caramelized Carrots

 Steamed Chef's Vegetables

Rice Blend

Pasta with Tomato Basil Sauce

Desserts

Feature

Andrew's Rice Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Green Hills Cumberland

Wednesday, September 23, 2026

Salad of the Day

Greek Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Beef Burgundy

Lean beef with mushrooms, carrots and onions in a wine sauce.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Baked Acorn Squash

Creamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Green Hills Cumberland

Thursday, September 24, 2026

Salad of the Day

Greek Salad

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

 **Steamed Brussels Sprouts**

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Green Hills Cumberland

Friday, September 25, 2026

Salad of the Day

Greek Salad

Featured Entrees

Oven Baked Fried Chicken Thighs

Boneless chicken thighs dredged in seasoned flour & baked until golden brown.

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Buttered Green Beans

 Steamed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Desserts

Feature

Frosted Carrot Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Green Hills Cumberland

Saturday, September 26, 2026

Salad of the Day

Greek Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

- Always Available -

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

 Steamed California Mix

Italian Style Zucchini

 Baked Potato

Desserts

Feature

Cheesecake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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