

Main Meal

Brookdale Southfield.
Sunday, August 16, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Seasoned Baked Cod with Lemon

Fillet of cod seasoned with lemon juice, parsley and paprika.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

 Baked Sweet Potato

Desserts

Feature

Lemon Bars

Fruit

Tropical 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 Southfield.
Monday, August 17, 2026

Salad of the Day

Beet Salad with Feta Cheese

Featured Entrees

Apricot Chicken

Grilled breast of chicken marinated in a sweet ginger and apricot glaze.

Liver and Onions

Beef liver smothered in sauteed onions and baked in the oven.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Buttered Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Garlic Roasted Red Skin Potatoes

 Baked Sweet Potato

Desserts

Feature

Boston Cream Pie Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Mini Reduced Sugar
Coconut Cream Pie

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Main Meal

Brookdale Southfield.

Tuesday, August 18, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

 Steamed Broccoli

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Baked Beans

 Baked Sweet Potato

Desserts

Feature

Peach Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Blueberry Cake

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Main Meal

Brookdale Southfield.
Wednesday, August 19, 2026

Salad of the Day

Cornucopia Salad

Featured Entrees

Dijon Crusted Tilapia

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

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Buttered Peas and Pearl Onions

Braised Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

Pasta with Pomodoro Sauce

 Baked Sweet Potato

Desserts

Feature

Frosted Carrot Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Southfield.
Thursday, August 20, 2026

Salad of the Day

Potato Salad

Featured Entrees

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

Hawaiian Chicken Thighs

Pan seared chicken thighs topped with a pineapple rum raisin sauce.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Almondine Style Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

 Baked Sweet Potato

Desserts

Feature

Frosted White Cupcake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added Pear
Crumble

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Main Meal

Brookdale Southfield.
Friday, August 21, 2026

Salad of the Day

Classic Coleslaw

Featured Entrees

Friday Fish Fry

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

Beef Stuffed Pepper

Baked pepper filled with zesty Italian seasoned beef and marinara.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Braised Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Wax Beans

Item can be prepared as an  Optimum Life Cuisine Option

Calico Home Fries

 Baked Sweet Potato

Desserts

Feature

Cherry Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Reduced Sugar Frosted
Lemon Cake

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Main Meal

Brookdale Southfield.
Saturday, August 22, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Cabbage with Sausage and Apples
Slow cooked sausage, cabbage and apples.

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

- Always Available -

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Accompaniments

Roasted Balsamic Brussels Sprouts

 Steamed Carrots

Jasmine Rice

 Baked Sweet Potato

Desserts

Feature

Chocolate Frosted
Brownies

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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