

Main Meal

Brookdale Galleria
Sunday, July 26, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Pork Loin Au Poivre

Grilled pork loin with a rich brandy cream sauce.

- Always Available -

Grilled Tilapia

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Sweet Potato Casserole

 Steamed California Mix

Northern Beans

Green Beans with Mushroom and
Shallots

Desserts

Feature

Baked Peach Cobbler

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

No Sugar Added Pear
Crumble

 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 Galleria
Monday, July 27, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

- Always Available -

Grilled Tilapia

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Potatoes Roasted with Garlic

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

 Steamed Chef's Vegetables

Desserts

Feature

Pear Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Galleria
Tuesday, July 28, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Pan Seared Basa

Basa fillet lightly seasoned and pan seared.

Hamburger Stroganoff

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

- Always Available -

Grilled Tilapia

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Noodles

Green Beans Almondine

French Fried Potatoes

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Cobbler

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

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Main Meal

Brookdale Galleria

Wednesday, July 29, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Cabbage with Sausage and Apples

Slow cooked sausage, cabbage and apples.

BBQ Grilled Chicken Thighs

Boneless chicken grilled and basted with a homemade barbecue sauce.

- Always Available -

 **Grilled Tilapia**

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Country Fried Sweet Potato

 Steamed Carrots

 Baked Sweet Potato

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Traditional Apple Strudel

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Galleria
Thursday, July 30, 2026

Salad of the Day

Beets and Onions Salad

Featured Entrees

Garlic Butter Cod

Delicate cod baked with homemade garlic bread crumbs.

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

- Always Available -

Grilled Tilapia

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Whipped Potatoes

Cole Slaw

Baked Beans

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Galleria
Friday, July 31, 2026

Salad of the Day

Mixed Green Salad with Lime-Cilantro Dressing

Featured Entrees

Steak Au Poivre

Pan seared beef tenderloin steak served with a brandy red wine sauce.

Lemon Pepper Baked Cod

Fillet of cod seasoned with lemon juice and ground black pepper.

- Always Available -

Grilled Tilapia

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Escalloped Potatoes

 Steamed Broccoli

Potato Onion Supreme

Corn on the Cob with Fresh Herb
Butter

Desserts

Feature

Peach Cobbler

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Galleria
Saturday, August 1, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Baked Catfish**

Fillet of catfish baked in the oven and topped with a squeeze of lemon juice.

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

- Always Available -

 **Grilled Tilapia**

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

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Rice Pilaf

Peas with Mushrooms

Mashed Red Potatoes

 Fresh Vegetable Blend

Desserts

Feature

Pound Cake with
Mandarin Oranges

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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