

Main Meal

Brookdale Galleria

Sunday, July 26, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

 Baked Potato

Also Available

Brookdale Galleria

Sunday, July 26, 2026

Featured Starters

Soup of the Day

Cream of Mushroom Soup

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.

Mustard Crusted Salmon

Broiled salmon topped with a stone ground mustard glaze.

Vegetable

 Steamed California Mix

Accompaniments

Sweet Potato Casserole

Green Beans with Mushroom and Shallots

Northern Beans

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Assorted Melons

Feature

Baked Peach Cobbler

Feature

Ice Cream of the Day

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.



 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

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Rice Blend

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Cup

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



Brookdale Galleria

Monday, July 27, 2026

Featured Starters

Soup of the Day

Chicken and Rice Soup

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.

Baked Catch of the Day

Ask your server about today's fish baked in lemon butter sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Vegetable

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Potatoes Roasted with Garlic

 Steamed Chef's Vegetables

Mashed Potatoes and Gravy

Desserts

Feature

Pear Crisp

Feature

Ice Cream of the Day

Guiltless Pleasures

No Sugar Added
Vanilla 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 Galleria

Tuesday, July 28, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Lime Rice Pilaf

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Peaches

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



Brookdale Galleria

Tuesday, July 28, 2026

Featured Starters

Soup of the Day

Cream of Spinach Soup

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.

Fried Chicken Strips

All white meat chicken strips breaded and fried to a golden brown.

Vegetable

Green Beans Almondine

Accompaniments

Buttered Noodles

Buttered Green Peas

French Fried Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Cobbler

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Strawberry Mousse

 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

Wednesday, July 29, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Pinto Beans

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

Chilled Applesauce

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



Brookdale Galleria

Wednesday, July 29, 2026

Featured Starters

Soup of the Day

Beef Noodle Soup

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.

Garlic Butter Cod

Delicate cod baked with homemade garlic bread crumbs.

Vegetable

 Steamed Carrots

Accompaniments

Country Fried Sweet Potato

Buttered Brussels Sprouts

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Traditional Apple
Strudel

Feature

Ice Cream of the Day

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

 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

Thursday, July 30, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Mediterranean Orzo

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Banana

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



Brookdale Galleria

Thursday, July 30, 2026

Featured Starters

Soup of the Day

Seafood Gumbo

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.

Grilled Honey Barbecue Chicken

Grilled chicken breast basted with honey infused barbecue sauce.

Vegetable

Cole Slaw

Accompaniments

Whipped Potatoes

Braised California Mix

Baked Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cinnamon Crumb Cake

Feature

Ice Cream of the Day

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 Galleria

Friday, July 31, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Herb Stuffing

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Mandarin Oranges

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



Brookdale Galleria

Friday, July 31, 2026

Featured Starters

Soup of the Day

Matzo Ball Soup

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.

Roast Pork Loin

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

Vegetable

 Steamed Broccoli

Accompaniments

Escaloped Potatoes

Corn on the Cob with Fresh Herb Butter

Potato Onion Supreme

Desserts

Feature

Peach Cobbler

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Custard

 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

Saturday, August 1, 2026

Seasonal Starters

Soup of the Season

Gazpacho Soup

Salad of the Season

Spinach Harvest Salad

Seasonal Entrees

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.

Accompaniment

Parmesan Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Vanilla Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Pears

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



Brookdale Galleria

Saturday, August 1, 2026

Featured Starters

Soup of the Day

Tomato Bisque

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.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

Vegetable

Peas with Mushrooms

Accompaniments

Rice Pilaf

 Fresh Vegetable Blend

Mashed Red Potatoes

Desserts

Feature

Pound Cake with
Mandarin Oranges

Feature

Ice Cream of the Day

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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