

Main Meal

Brookdale Fort Wayne

Sunday, July 27, 2025

Salad of the Day

Caesar Salad

Featured Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

 **Veal Italiano**

Lean veal cutlet with an onion, peppers, mushrooms and 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

 **Steamed California Mix**

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

 **Baked Potato**

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Mousse Cake

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

 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 Fort Wayne

Monday, July 28, 2025

Salad of the Day

Italian Salad

Featured Entrees

Country Fried Steak

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

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider 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

Braised Lima Beans

 Steamed Chef's Vegetables

Potatoes Roasted with Garlic

Dutch Potatoes

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Caramel Praline Pecan
Ice Cream

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Main Meal

Brookdale Fort Wayne
Tuesday, July 29, 2025

Salad of the Day

Broccoli Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Beef Burgundy

Lean beef with mushrooms, carrots and onions in a wine 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

Roasted Beets

Creamed Green Peas

Buttered Noodles

Oven Brown Potatoes

Desserts

Feature

Coconut Meringue Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Coconut
Cream Pie

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Main Meal

Brookdale Fort Wayne
Wednesday, July 30, 2025

Salad of the Day

Triple Bean Salad

Featured Entrees

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

BBQ Grilled Chicken Thighs

Boneless chicken grilled and basted with a homemade 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

 Steamed Carrots

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Barley Risotto

 Baked Sweet Potato

Desserts

Feature

Strawberry Tart

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added
Strawberry Dream

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Main Meal

Brookdale Fort Wayne
Thursday, July 31, 2025

Salad of the Day

Boston Lettuce Salad with Creamy Orange Shallot Dressing

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

Lamb Meatballs with Mint

Lamb meatballs cooked in a tomato, wine, and mint 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

Braised Kale

Whipped Potatoes

Curried Potatoes and Onions

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Fort Wayne

Friday, August 1, 2025

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Citrus Baked Cod

Seasoned baked cod topped with lemon and orange zest.

- 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

 Steamed Broccoli

Red Cabbage with Apple

Couscous

Potato Onion Supreme

Desserts

Feature

Mississippi Mud Pie

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Fort Wayne
Saturday, August 2, 2025

Salad of the Day

Beet Salad

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 -

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

Sauteed Yellow Squash

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Risotto

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Preachers Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Pineapple Upside Down
Cake

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