

Main Meal

Brookdale Naples

Sunday, July 14, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Roast Sirloin of Beef**

Slow roasted beef sirloin served with au jus.

 **Broiled Whitefish**

Fillet of whitefish lightly seasoned and broiled.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Mashed Potatoes

Orange Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Pasta Salad

 Steamed Chef's Vegetables

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Eclair

 Fresh Cantaloupe

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 Naples

Monday, July 15, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

**Savory Swiss Steak**

Classic round steak cooked in a rich tomato sauce.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Sweet Potato Casserole

Creamed Green Peas

Mashed Potatoes

 Steamed Zucchini

**Featured Desserts**

Dessert

Dessert

Guiltless Pleasures

Spice Cake

 Fresh Fruit Bowl

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Naples

Tuesday, July 16, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

**Coconut Fried Shrimp**

Curry marinated shrimp encrusted with coconut and flash fried.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Mashed Potatoes

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Braised Red Cabbage

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Banana Cream Pie

 Apricot Halves

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Naples

Wednesday, July 17, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

**Veal Scaloppini**

Tender veal cutlet, pan fried and baked in a mushroom sauce.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Mashed Potatoes

Sauteed Summer Squash

Item can be prepared as an  Optimum Life Cuisine Option

Pasta with Tomato Basil Sauce

 Grilled Vegetables

**Featured Desserts**

**Dessert**

**Dessert**

**Guiltless Pleasures**

Cherry Pineapple Dump  
Cake

 Fresh Fruit Cup

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Naples

Thursday, July 18, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

**BBQ Turkey Meatloaf**

Seasoned turkey meatloaf served with BBQ sauce.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Egg Roll

Roasted Sesame Green Beans

Mashed Potatoes

 Steamed Corn

**Featured Desserts**

Dessert

Root Beer Float

Dessert

 Chilled Peaches

Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Naples

Friday, July 19, 2019

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

### **Braised Beef Brisket**

Beef brisket braised until tender.

### **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

### **Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

### **Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

## **Accompaniments**

Wild Rice Blend

 Steamed Asparagus

Mashed Potatoes

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Desserts**

### **Dessert**

Baked Custard Pie

### **Dessert**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Naples

Saturday, July 20, 2019

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

 **Italian Baked Sole**

Sole fillet baked in an Italian style tomato and herb sauce.

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

**Bacon Cheeseburger**

All beef patty served with crisp cooked bacon and cheddar cheese.

**Summertime Tilapia**

Tilapia fillet baked in a garlic, oregano marinade with a hint of lime.

**Accompaniments**

Classic Duchess Potatoes

 Steamed Spinach

Macaroni and Cheese

Stewed Tomatoes

**Featured Desserts**

Dessert

Cheesecake

Dessert

 Chilled Pears

Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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