

Main Meal

Brookdale Brookhurst
Sunday, August 9, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

- Always Available -

 Steamed Sole

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

 Steamed Chef's Vegetables

Creamed Green Peas

Yellow Rice

 Baked Potato

Desserts

Feature

Coconut Meringue Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added
Strawberry 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 Brookhurst
Monday, August 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

- Always Available -

Steamed Sole

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

Sauteed Spinach

Cream Style Corn

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

Navy Beans

Desserts

Feature

Peach Parfait

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Brookhurst

Tuesday, August 11, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Breaded Breast of Chicken

Baked chicken breast rolled in parmesan seasoned breadcrumbs.

Veal Cutlets

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

- Always Available -

 Steamed Sole

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

Buttered Green Beans

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Scalloped Potatoes

Herbed Potatoes

Desserts

Feature

Cocoa Devil's Food
Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Brookhurst
Wednesday, August 12, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

Turkey Fillet with Peppercorn Sauce

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

- Always Available -

 **Steamed Sole**

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

Roasted Brussels Sprouts

Italian Style Zucchini

Oven Brown Potatoes

Homestyle Bread Stuffing

Desserts

Feature

Pecan Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Brookhurst
Thursday, August 13, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Herb Baked Breast of Chicken

Tender breast of chicken baked with a blend of fresh basil and chives.

Homestyle Beef Stew

Slow cooked beef simmered with celery, onions and carrots.

- Always Available -

Steamed Sole

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

Harvard Style Beets

Mixed Green Salad with Dressing

Barley Pilaf

Boiled Potatoes

Desserts

Feature

White Texas Sheet
Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Brookhurst
Friday, August 14, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Herbed Pork Chop

Boneless pork chop braised with vegetables and herbs until tender.

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

- Always Available -

Steamed Sole

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

Buttered Carrots

 Steamed Italian Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Potato Onion Supreme

White Rice

Desserts

Feature

Classic Tiramisu

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Brookhurst
Saturday, August 15, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

- Always Available -

 **Steamed Sole**

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Ham and Swiss on Rye

Tender slices of ham with swiss cheese served on soft rye bread.

Accompaniments

 **Steamed Yellow Squash**

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Fingerling Potatoes with Fresh Herbs

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Banana Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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