

Main Meal

Brookdale Goodlettsville AL

Sunday, December 7, 2025

Starters

Fresh Spinach Salad

Featured Entrees

Hungarian Goulash

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

- Always Available -

 **Baked Tilapia**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Parslied Buttered Noodles

 **Steamed Carrots**

Desserts

Feature

Blueberry Streusel Pie

Fruit

 Mixed Melons

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 Goodlettsville AL

Monday, December 8, 2025

Starters

Greek Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

- Always Available -

 Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Roasted Rosemary Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Orange Creamsicle
Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Goodlettsville AL
Tuesday, December 9, 2025

Starters

Tossed Green Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Whipped Sweet Potatoes

Buttered Swiss Chard

Desserts

Feature

Raspberry Sherbet

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Goodlettsville AL
Wednesday, December 10, 2025

Starters

Broccoli Salad

Featured Entrees

Grilled Chicken Thighs

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Orzo Pilaf

Roasted Beets

Desserts

Feature

Custard Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Goodlettsville AL
Thursday, December 11, 2025

Starters

Marinated Tomato Salad

Featured Entrees

Salisbury Steak

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

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Scalloped Potatoes

 Steamed Butternut Squash

Desserts

Feature

Lemon Bars

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Goodlettsville AL

Friday, December 12, 2025

Starters

Caesar Salad

Featured Entrees

 Baked Swai

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

- Always Available -

 Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Barley Risotto

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Honey Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Goodlettsville AL
Saturday, December 13, 2025

Starters

Classic Pea Salad

Featured Entrees

Wiener Schnitzel

Veal cutlet dredged in breadcrumbs and pan fried until golden.

- Always Available -

 **Baked Tilapia**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Oven Brown Potatoes

 Steamed Broccoli

Desserts

Feature

Coconut Meringue Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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