

Main Meal

Brookdale Asheville Overlook

Sunday, August 10, 2025

Starters

Cucumber Dill Salad

Featured Entrees

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

 **Black Eyed Peas**

 **Steamed Chef's Vegetables**

Desserts

Feature

Pecan Pie

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
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 Asheville Overlook

Monday, August 11, 2025

Starters

Classic Coleslaw

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Macaroni and Cheese

Sauteed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Parfait

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Main Meal

Brookdale Asheville Overlook

Tuesday, August 12, 2025

Starters

Tomato Wedges

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

- Always Available -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

 **Baked Sweet Potato**

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cocoa Devil's Food
Cake

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Main Meal

Brookdale Asheville Overlook

Wednesday, August 13, 2025

Starters

Roasted Pepper Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

- Always Available -

Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Oven Brown Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Pecan Pie

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Main Meal

Brookdale Asheville Overlook

Thursday, August 14, 2025

Starters

Caesar Salad

Featured Entrees

 Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

- Always Available -

 Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Barley Risotto

Harvard Style Beets

Desserts

Feature

White Texas Sheet
Cake

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Main Meal

Brookdale Asheville Overlook

Friday, August 15, 2025

Starters

Chopped Salad

Featured Entrees

German Bratwurst with Sauerkraut

Bratwurst simmered with sauerkraut and onion.

- Always Available -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Potato Pancakes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Classic Tiramisu

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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Main Meal

Brookdale Asheville Overlook

Saturday, August 16, 2025

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

- Always Available -

 Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Yellow Squash

Desserts

Feature

Chocolate Peanut
Butter Pie

Fruit

 Pineapple Slices

Guiltless Pleasures

Sugar Free Sugar
Cookie

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