

Main Meal

Brookdale Oswego Springs Portland

Sunday, February 1, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Lyonnise Style Green Beans

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Stir Fried Barley

Buttered Parslied Egg Noodles

Desserts

Feature

Cheesecake

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 Oswego Springs Portland

Monday, February 2, 2026

Salad of the Day

Broccoli Salad

Featured Entrees

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Peas with Carrots

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Basmati Rice

Desserts

Feature

Apple Pie

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Oswego Springs Portland

Tuesday, February 3, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Stir Fried Beef and Broccoli

Beef flank steak stir fried with broccoli, pea pods and red bell peppers.

Grilled Lemon Chicken

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

- Always Available -

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Buttered Bok Choy

 Steamed Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Pan Roasted Potatoes

Desserts

Feature

Banana Pudding

Fruit

 Fresh Grapes

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Oswego Springs Portland

Wednesday, February 4, 2026

Salad of the Day

Tomato Basil Salad

Featured Entrees

Sweet and Sour Brisket

Tender beef brisket simmered with onions, vinegar and brown sugar.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Glazed Butternut Squash

 Steamed Brussels Sprouts

Homestyle Bread Stuffing

Vegetarian Baked Beans

Desserts

Feature

Chocolate Cake

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Oswego Springs Portland

Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Sauerbraten

Beef roast marinated in vinegar, onions, and spices, served with gravy.

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

- Always Available -

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

 Steamed Acorn Squash

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Cilantro Rice

Desserts

Feature

Blueberry Pie

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Oswego Springs Portland

Friday, February 6, 2026

Salad of the Day

Sliced Cucumber Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Smothered Pork Chop with Peppers

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

- Always Available -

Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Butternut Squash and Cranberries

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Noodles Romanoff

Country Fried Sweet Potato

Desserts

Feature

Strawberry Shortcake
Mini Cake

Fruit

 Fresh Pineapple

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Oswego Springs Portland

Saturday, February 7, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

 **Ginger Roasted Salmon**

Oven roasted salmon topped with a ginger honey sauce.

- Always Available -

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

 Steamed California Mix

Italian Style Zucchini

Wild Mushroom Pilaf

Navy Beans

Desserts

Feature

Cream Puffs

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Orange
Gelatin

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