

Main Meal

Brookdale Westerville
Sunday, February 1, 2026

Starters

Lemony Waldorf Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

 Pan Roasted Potatoes

Lyonnais Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Baked Peach Cobbler

Fruit

 Pineapple Chunks

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 Westerville
Monday, February 2, 2026

Starters

Mediterranean Chickpea Salad

Featured Entrees

 Chicken Divan

Breast of chicken baked with broccoli in a light cream sauce.

- Always Available -

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Garlic Whipped Potatoes

Lemon Parmesan Broccoli

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Westerville
Tuesday, February 3, 2026

Starters

Tomato and Crouton Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

 Baked Potato

Caramelized Carrots

Desserts

Feature

Apple Brown Betty

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Westerville
Wednesday, February 4, 2026

Starters

Triple Bean Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Homestyle Bread Stuffing

 Steamed Zucchini

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Westerville
Thursday, February 5, 2026

Starters

Tossed Garden Salad

Featured Entrees

Veal Cutlets

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

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Au Gratin Potatoes

 Steamed Brussels Sprouts

Desserts

Feature

Custard Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Westerville
Friday, February 6, 2026

Starters

Wilted Lettuce Salad

Featured Entrees

 Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

- Always Available -

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Mashed Potatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Frosted Carrot Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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We invite you to share your comments with your Dining Leaders.



Main Meal

Brookdale Westerville
Saturday, February 7, 2026

Starters

Wedge Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Pilgrim Potatoes

 Steamed California Mix

Desserts

Feature

Cream Puffs

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Vanilla
Wafers

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