

## Main Meal

Brookdale Dr. Phillips AL  
Sunday, February 1, 2026

### **Salad of the Day**

Mixed Green Salad with Dressing

### **Featured Entrees**

#### **Pork Roast with Horseradish and Herbs**

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

#### **BBQ Grilled Chicken Thighs**

Boneless chicken grilled and basted with a homemade barbecue sauce.

#### **- Always Available -**

##### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Trio Salad**

A trio of tuna salad, cottage cheese and fresh fruit.

### **Accompaniments**

#### **Roasted Zucchini and Pesto**

#### **Buttered Chef's Vegetables**

Item can be prepared as an  Optimum Life Cuisine Option

#### **Orange with Sweet Bell Peppers Rice**

#### **Buttered Parslied Egg Noodles**

### **Desserts**

#### **Feature**

Mint Chocolate Chip Ice Cream

#### **Fruit**

 Chilled Peaches

#### **Guiltless Pleasures**

No Sugar Added Ice Cream of the Day



 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 Dr. Phillips AL  
Monday, February 2, 2026

### Salad of the Day

⌚ Black Bean Salad

### Featured Entrees

#### Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

#### Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

#### - Always Available -

⌚ Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

#### Trio Salad

A trio of tuna salad, cottage cheese and fresh fruit.

### Accompaniments

⌚ Roasted Zucchini and Pesto

Buttered Chef's Vegetables

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Mashed Sweet Potatoes

Warm Potato Salad

### Desserts

#### Feature

Strawberry Pie

#### Fruit

⌚ Chilled Pears

#### Guiltless Pleasures

No Sugar Added Fruited Gelatin

⌚ 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 Dr. Phillips AL  
Tuesday, February 3, 2026

### **Salad of the Day**

Mixed Green Salad with Dressing

### **Featured Entrees**

#### **Shrimp Fajitas**

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

#### **Chicken Breast Parmesan**

Breaded chicken baked with marinara sauce and mozzarella cheese.

#### **- Always Available -**

#### **⌚ Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Trio Salad**

A trio of tuna salad, cottage cheese and fresh fruit.

### **Accompaniments**

⌚ Roasted Zucchini and Pesto

Buttered Chef's Vegetables

Item can be prepared as an ⌚ Optimum Life Cuisine Option

⌚ Spanish Rice

Pasta with Tomato Basil Sauce

### **Desserts**

#### **Feature**

Baked Peach Cobbler

#### **Fruit**

⌚ Chilled Peaches

#### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day



⌚ 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 Dr. Phillips AL  
Wednesday, February 4, 2026

### **Salad of the Day**

Potato Salad

### **Featured Entrees**

#### **Traditional Roast Turkey**

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

#### **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

#### **- Always Available -**

#### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Trio Salad**

A trio of tuna salad, cottage cheese and fresh fruit.

### **Accompaniments**

 Roasted Zucchini and Pesto

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Potato Onion Supreme

### **Desserts**

#### **Feature**

German Chocolate  
Layer Cake

#### **Fruit**

 Chilled Pears

#### **Guiltless Pleasures**

No Sugar Added Fruited  
Gelatin

 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 Dr. Phillips AL  
Thursday, February 5, 2026

### **Salad of the Day**

Mixed Green Salad with Dressing

### **Featured Entrees**

#### **Herbed Pork and Apples**

Herbed roast pork slowly cooked with apples and brown sugar.

#### **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

#### **- Always Available -**

#### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Trio Salad**

A trio of tuna salad, cottage cheese and fresh fruit.

### **Accompaniments**

#### **Roasted Zucchini and Pesto**

#### **Buttered Chef's Vegetables**

Item can be prepared as an  Optimum Life Cuisine Option

#### **Au Gratin Potatoes**

#### **Cilantro Rice**

### **Desserts**

#### **Feature**

Eclair

#### **Fruit**

 Chilled Peaches

#### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day



 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 Dr. Phillips AL

Friday, February 6, 2026

## Salad of the Day

Santa Fe Salad

## Featured Entrees

### Southern Style Fried Catfish

Cornmeal breaded fillet of catfish flash 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 -

#### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

### Trio Salad

A trio of tuna salad, cottage cheese and fresh fruit.

## Accompaniments

 Roasted Zucchini and Pesto

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

Country Fried Sweet Potato

## Desserts

### Feature

Banana Cream Cake

### Fruit

 Chilled Pears

### Guiltless Pleasures

No Sugar Added Fruited Gelatin



 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 Dr. Phillips AL  
Saturday, February 7, 2026

### **Salad of the Day**

Mixed Green Salad with Dressing

### **Featured Entrees**

#### **Roast Beef with Au Jus**

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

#### **Chicken Cordon Bleu**

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

#### **- Always Available -**

##### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Trio Salad**

A trio of tuna salad, cottage cheese and fresh fruit.

### **Accompaniments**

 **Roasted Zucchini and Pesto**

**Buttered Chef's Vegetables**

Item can be prepared as an  Optimum Life Cuisine Option

**Horseradish Mashed Potatoes**

**Navy Beans**

### **Desserts**

#### **Feature**

**Cream Puffs**

#### **Fruit**

 **Chilled Peaches**

#### **Guiltless Pleasures**

**No Sugar Added Ice Cream of the Day**



 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
We invite you to share your comments with your Dining Leaders.