

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

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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

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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

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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

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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

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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

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