

Main Meal

Brookdale Conway AL SC

Sunday, February 1, 2026

Salad of the Day

Lemony Waldorf Salad

Featured Entrees

Baked Ham & Beans

Baked ham served with seasoned navy beans.

⌚ Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

⌚ Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Lyonnaise Style Green Beans

Item can be prepared as an ⌚ Optimum Life Cuisine Option

⌚ Steamed Broccoli

⌚ Pan Roasted Potatoes

Buttered Parslied Egg Noodles

Desserts

Feature

Cherry Almond Tart

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 Conway AL SC
Monday, February 2, 2026

Salad of the Day

Chickpea Salad

Featured Entrees

Baked Cod

Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Ratatouille

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Warm Potato Salad

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Conway AL SC
Tuesday, February 3, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

Ⓐ Chicken Veronique

Sauteed chicken breast served with a light white wine grape sauce.

- Always Available -

Ⓐ Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Caramelized Carrots

Ⓐ Steamed Chef's Vegetables

Ⓐ Baked Potato

Barley Risotto

Desserts

Feature

Apricot Bars

Fruit

Ⓐ Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Conway AL SC
Wednesday, February 4, 2026

Salad of the Day

Triple Bean 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 -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Glazed Butternut Squash

 Steamed Brussels Sprouts

Homestyle Bread Stuffing

Potato Onion Supreme

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Conway AL SC
Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Veal Cutlets

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

⌚ Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

- Always Available -

⌚ Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

⌚ Steamed Spinach

Buttered Succotash

Item can be prepared as an **⌚** Optimum Life Cuisine Option

Au Gratin Potatoes

Cilantro Rice

Desserts

Feature

Custard Pie

Fruit

⌚ Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Conway AL SC

Friday, February 6, 2026

Salad of the Day

Wilted Lettuce 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 -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Buttered Kale

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

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Noodles Romanoff

Country Fried Sweet Potato

Desserts

Feature

Frosted Carrot Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Carrot Cake

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Main Meal

Brookdale Conway AL SC
Saturday, February 7, 2026

Salad of the Day

Wedge Salad

Featured Entrees

Roast Beef with Au Jus

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

∅ Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

- Always Available -

∅ Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

∅ Steamed California Mix

Italian Style Zucchini

Pilgrim Potatoes

Navy Beans

Desserts

Feature

Cream Puffs

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Vanilla Wafers

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