

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**

Lyonnais Style Green Beans

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 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

Item can be prepared as an  Optimum Life Cuisine Option

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

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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