

## Main Meal

Brookdale Mt. Lebanon

Sunday, February 1, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### Chicken Salad Sandwich

Homemade chicken salad served on white bread.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Pineapple Chunks

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



Brookdale Mt. Lebanon

Sunday, February 1, 2026

### Featured Starters

#### Soup of the Day

Beef Noodle Soup

#### Salad of the Day

Creamy Cole Slaw

### Featured Entrees

#### Roast Beef with Au Jus

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

#### Chicken A La King


Tender chicken simmered in a rich mushroom gravy.

#### Spicy Stuffed Shells


Pasta shells filled with three cheeses, baked in a spicy tomato sauce.

#### Vegetable

Lyonnaise Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

#### Accompaniments

 Baked Potato

Mashed Potatoes

### Desserts

#### Feature

Cherry Almond Tart

#### Feature

Vanilla Cream Cake

#### Guiltless Pleasures

Reduced Sugar Cherry Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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## Main Meal

Brookdale Mt. Lebanon  
Monday, February 2, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### Chicken Salad Sandwich

Homemade chicken salad served on white bread.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Fresh Fruit Bowl

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Brookdale Mt. Lebanon  
Monday, February 2, 2026

### Featured Starters

#### Soup of the Day

Creamy Mushroom Soup

#### Salad of the Day

Chicken Pasta Salad

### Featured Entrees

#### Baked Haddock

Haddock baked in the oven with a squeeze of lemon juice.

#### BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

#### Chicken Thighs Dijon

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

#### Vegetable


Peas with Mushrooms

#### Accompaniments

 Baked Potato

Buttered Succotash

Whipped Sweet Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature


Dutch Apple Pie

#### Feature

Red Velvet Cake

#### Guiltless Pleasures

Applesauce Spice Bars

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## Main Meal

Brookdale Mt. Lebanon

Tuesday, February 3, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### Chicken Salad Sandwich

Homemade chicken salad served on white bread.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Fresh Melon Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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Brookdale Mt. Lebanon

Tuesday, February 3, 2026

### Featured Starters

#### Soup of the Day

Garden Vegetable Soup

#### Salad of the Day

Mixed Green Salad

### Featured Entrees

#### Classic Meatloaf


A perfect blend of meats and seasonings for this classic meatloaf.

#### Chicken Veronique

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

#### Baked Catch of the Day

Ask your server about today's fish baked in lemon butter sauce.


Item can be prepared as an  Optimum Life Cuisine Option

#### Vegetable

Broccoli and Cauliflower Au Gratin

#### Accompaniments

 Baked Potato

 Steamed Chef's Vegetables

Mashed Potatoes

### Desserts

#### Feature

Banana Split Cake

#### Feature

Berries Creme Brulee

#### Guiltless Pleasures

Sugar Free Vanilla  
Cookie

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## Main Meal

Brookdale Mt. Lebanon

Wednesday, February 4, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Philly Steak Sandwich**

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Apricot Halves

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Brookdale Mt. Lebanon

Wednesday, February 4, 2026

### Featured Starters

#### Soup of the Day

Potato Dill Soup


#### 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.

#### **Italian Baked Pollock**

Pollock fillet baked in an Italian style tomato and herb sauce.

#### Vegetable


Green Beans with Onions and Bacon

#### Accompaniments

 Baked Potato

Baked Acorn Squash

Sweet Potato Casserole

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Chocolate Cake

#### Feature

Ice Cream Sundae

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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## Main Meal

Brookdale Mt. Lebanon

Thursday, February 5, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Philly Steak Sandwich**

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Chilled Pears

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Brookdale Mt. Lebanon

Thursday, February 5, 2026

### Featured Starters

#### Soup of the Day

Harvest Soup

#### Salad of the Day

Tossed Garden Salad

### Featured Entrees

#### **Veal Patty**

Oven baked seasoned ground veal patty.

#### **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

#### **Parmesan Crusted Tilapia**

Sauteed tilapia, lightly breaded with parmesan cheese.

#### Vegetable

 Steamed Spinach

#### Accompaniments

 Baked Potato

Cream Style Corn

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Custard Pie

#### Feature

Mandarin Orange Cake

#### Guiltless Pleasures

Reduced Sugar Custard

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## Main Meal

Brookdale Mt. Lebanon

Friday, February 6, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### Chicken Salad Sandwich

Homemade chicken salad served on white bread.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

 Chilled Diced Peaches

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Brookdale Mt. Lebanon

Friday, February 6, 2026

### Featured Starters

#### Soup of the Day

Homestyle Chili

#### Salad of the Day

Tomato, Avocado and Onion Salad

### Featured Entrees

#### Stuffed Cornflake Chicken

Cornflake coated chicken breast stuffed with mushrooms and cheese.

#### BBQ Ribs


Seasoned ribs basted with barbecue sauce and roasted until tender.

#### Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

#### Vegetable


Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

#### Accompaniments

 Baked Potato

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Country Fried Sweet Potato

### Desserts

#### Feature


Frosted Carrot Cake

#### Feature

Milk Chocolate Chunk  
Cookie

#### Guiltless Pleasures

Reduced Sugar Carrot  
Cake

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## Main Meal

Brookdale Mt. Lebanon

Saturday, February 7, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Mixed Green Salad

### Seasonal Entrees

#### Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

#### Chicken Salad Sandwich

Homemade chicken salad served on white bread.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Accompaniment

 Baked Potato

#### Also Available

 Pasta with Tomato Basil Sauce

### Seasonal Desserts

#### Ice Cream of the Month

Moose Tracks Ice Cream

#### Cookie of the Month

Oatmeal Cookie

#### Fruit

Chilled Applesauce

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Brookdale Mt. Lebanon

Saturday, February 7, 2026

### Featured Starters

#### Soup of the Day

Cabbage and Bean Soup

#### Salad of the Day

Southern Potato Salad

### Featured Entrees

#### Danish Meatballs with Dill Sauce

Tender meatballs of pork and beef with creamy dill sauce.

#### Fillet of Sole Almondine

Baked sole fillet topped with lemon sauce and toasted almonds.

#### Buffalo Chicken Wings

Oven roasted chicken wings tossed in a hot Buffalo sauce.

#### Vegetable


 Steamed California Mix

#### Accompaniments

 Baked Potato

Lemon Butter Wax Beans

Buttered Noodles

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Cream Puffs

#### Feature

Blueberry Pie

#### Guiltless Pleasures

Sugar Free Vanilla  
Wafers

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