

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

Brookdale Mt. Lebanon

Sunday, February 1, 2026

Featured Starters

Soup of the Day

Beef Noodle Soup

Salad of the Day

Creamy Cole Slaw

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

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

Accompaniments

 Baked Potato

Buttered Carrots

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Pineapple Chunks

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.
We invite you to share your comments with your Dining Leaders.



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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

Brookdale Mt. Lebanon

Monday, February 2, 2026

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

Chicken Pasta 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

Vegetable

Peas with Mushrooms

Accompaniments

 Baked Potato

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.

Buttered Succotash

Whipped Sweet Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Fresh Fruit Bowl

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

Brookdale Mt. Lebanon

Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

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

Vegetable

Broccoli and Cauliflower Au Gratin

Accompaniments

 Baked Potato

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

 Steamed Chef's Vegetables

Mashed Potatoes

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Fresh Melon Cup

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

Brookdale Mt. Lebanon

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Potato Dill Soup

Salad of the Day

Triple Bean 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

Vegetable

Green Beans with Onions and Bacon

Accompaniments

 Baked Potato

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Apricot Halves

Feature

Chocolate Cake

Feature

Ice Cream Sundae

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Desserts

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

Brookdale Mt. Lebanon

Thursday, February 5, 2026

Featured Starters

Soup of the Day

Harvest Soup

Salad of the Day

Tossed Garden 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

Vegetable

 Steamed Spinach

Accompaniments

 Baked Potato

Parmesan Crusted Tilapia

Sauteed tilapia, lightly breaded with parmesan cheese.

Cream Style Corn

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Chilled Pears

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

Brookdale Mt. Lebanon

Friday, February 6, 2026

Featured Starters

Soup of the Day

Homestyle Chili

Salad of the Day

Tomato, Avocado and Onion 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

Vegetable

 Buttered Kale

Accompaniments

 Baked Potato

BBQ Ribs

Seasoned ribs basted with barbecue sauce and roasted until tender.

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Vegetable

Item can be prepared as an  Optimum Life Cuisine Option

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Country Fried Sweet Potato

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

 Chilled Diced Peaches

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

Brookdale Mt. Lebanon

Saturday, February 7, 2026

Featured Starters

Soup of the Day

Cabbage and Bean Soup

Salad of the Day

Southern Potato 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

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.

Accompaniments

 Baked Potato

Vegetable

 Steamed California Mix

Seasonal Desserts

Ice Cream of the Month

Moose Tracks Ice Cream

Cookie of the Month

Oatmeal Cookie

Fruit

Chilled Applesauce

Feature

Cream Puffs

Feature

Blueberry Pie

Guiltless Pleasures

Sugar Free Vanilla Wafers

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