

## Main Meal

Brookdale University Park

Sunday, February 1, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park

Sunday, February 1, 2026

### **Featured Starters**

#### Soup of the Day

Tuscany Soup

#### Salad of the Day

Lemony Waldorf Salad

### **Seasonal Entrees**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### **Fruit**

Fresh Fruit Cup

#### **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

#### **Braised Beef Provencal**

Tender, slow cooked beef and vegetables served in a red wine sauce.

#### Vegetable

Lyonnaise Style Green Beans

 Pan Roasted Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

Buttered Parslied Egg Noodles

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies

#### **Fruit**

Fresh Fruit Cup

#### Feature

Cherry Almond Tart

#### Feature

Vanilla Cream Cake

#### Guiltless Pleasures

Reduced Sugar Cherry Pie

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## Main Meal

Brookdale University Park

Monday, February 2, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park

Monday, February 2, 2026

### Featured Starters

#### Soup of the Day

Creamy Onion Soup

#### Salad of the Day

Chickpea Salad

### Seasonal Entrees

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### **Fruit**

Fresh Fruit Cup

#### **Turkey a La King**

Tender pieces of turkey in a creamy mushroom and bell pepper sauce.

#### **BBQ Ribs**

Seasoned ribs basted with barbecue sauce and roasted until tender.

#### Vegetable

 Steamed Chef's Fresh Vegetables

#### Accompaniments

Baked Beans

Corn O'Brien

White Rice

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies



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#### Feature

Coconut Cream Pie

#### Feature

Chocolate Bundt Cake

#### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

Brookdale University Park

Tuesday, February 3, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park

Tuesday, February 3, 2026

### **Featured Starters**

#### Soup of the Day

Garden Vegetable Soup

#### Salad of the Day

Tomato and Crouton Salad

### **Seasonal Entrees**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

### **Featured Entrees**

#### **Beef Ragout**

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

#### **Chicken Veronique**

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

#### **Black Bean and Cheese Enchiladas with Ranchero Sauce**

Bean and cheese filled tortillas baked with a tomato chili sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### Vegetable

Caramelized Carrots

#### Accompaniments

 Baked Potato

 Steamed Chef's Vegetables

Barley Risotto

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Fresh Fruit Cup

#### Feature

Apricot Bars

#### Feature

Banana Pudding

#### Guiltless Pleasures

Sugar Free Orange Gelatin

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## Main Meal

Brookdale University Park

Wednesday, February 4, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park

Wednesday, February 4, 2026

### **Featured Starters**

#### Soup of the Day

Potato Dill Soup

#### Salad of the Day

Triple Bean Salad

### **Seasonal Entrees**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### **Fruit**

 Fresh Fruit Cup

#### Vegetable

Glazed Butternut Squash

#### Accompaniments

Homestyle Bread Stuffing

#### **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.

 Steamed Brussels Sprouts

Potato Onion Supreme

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies

#### **Fruit**

 Fresh Fruit Cup

#### Feature

Chocolate Cake

#### Feature

Key Lime Pie

#### Guiltless Pleasures

No Sugar Added Chocolate Ice Cream

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## Main Meal

Brookdale University Park

Thursday, February 5, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park

Thursday, February 5, 2026

### Featured Starters

#### Soup of the Day

Spiked Pumpkin Soup

#### Salad of the Day

Tossed Garden Salad

### Seasonal Entrees

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### **Fruit**

Fresh Fruit Cup

#### Vegetable

 Steamed Spinach

#### Accompaniments

Au Gratin Potatoes

Buttered Succotash

Cilantro Rice

Item can be prepared as an  Optimum Life Cuisine Option

### Seasonal Desserts

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Fresh Fruit Cup

#### Feature

Custard Pie

#### Feature

Mandarin Orange Cake

#### Guiltless Pleasures

Reduced Sugar Chocolate Pudding

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## Main Meal

Brookdale University Park  
Friday, February 6, 2026

### Seasonal Starters

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

Brookdale University Park  
Friday, February 6, 2026

### Featured Starters

#### Soup of the Day

Homestyle Chili

#### Salad of the Day

Wilted Lettuce Salad

### Seasonal Entrees

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

 **Fruit**  
Fresh Fruit Cup

#### Vegetable

Buttered Kale

#### Accompaniments

Noodles Romanoff

#### Baked Acorn Squash

Country Fried Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

### Seasonal Desserts

Ice Cream of the Month  
Mint Chocolate Chip Ice Cream

Cookie of the Month  
Spiced Cookies



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Feature  
Frosted Carrot Cake

Feature  
Milk Chocolate Chunk Cookie

Guiltless Pleasures  
Sugar Free Strawberry Gelatin

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## Main Meal

Brookdale University Park

Saturday, February 7, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Greek Salad

### **Seasonal Entrees**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

#### **Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

#### **Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

#### Accompaniment

 Baked Potato

#### Also Available

#### **Fruit**

Fresh Fruit Cup

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Spiced Cookies

## Main Meal

Brookdale University Park

Saturday, February 7, 2026

### **Featured Starters**

#### Soup of the Day

Chicken Noodle Soup

#### 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.

#### **Tandoori Chicken**

Slow roasted chicken seasoned with curry, cumin and turmeric.

#### Vegetable

 Steamed California Mix

#### Accompaniments

Pilgrim Potatoes

Italian Style Zucchini

Navy Beans

### **Desserts**

#### Feature

Cream Puffs

#### Feature

Blueberry Pie

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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