

Main Meal

Brookdale East Mesa
Sunday, February 1, 2026

Starters

Kidney Bean Corn Salad

Featured Entrees

Seasoned Baked Pork Chops

Baked pork chop encrusted with a ginger-cayenne breading.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Pan Roasted Potatoes

Green Bean Casserole

Desserts

Feature

Chocolate Ice Cream

Fruit

 Pineapple Chunks

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

 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 East Mesa
Monday, February 2, 2026

Starters

Mediterranean Chickpea Salad

Featured Entrees

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

White Rice

Italian Style California Blend

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale East Mesa
Tuesday, February 3, 2026

Starters

Tomato and Crouton Salad

Featured Entrees

Roast Beef with Au Jus

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Mashed Potatoes

Caramelized Carrots

Desserts

Feature

Apple Crisp

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale East Mesa
Wednesday, February 4, 2026

Starters

Triple Bean Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Homestyle Bread Stuffing

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale East Mesa
Thursday, February 5, 2026

Starters

Tossed Garden Salad

Featured Entrees

Veal Cutlets

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Au Gratin Potatoes

 Steamed California Mix

Desserts

Feature

Coconut Cream Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale East Mesa
Friday, February 6, 2026

Starters

Tossed Green Salad

Featured Entrees

Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Frosted Carrot Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale East Mesa
Saturday, February 7, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Mashed Potatoes and Gravy

 Steamed California Mix

Desserts

Feature

Mandarin Vanilla Cream
Parfait

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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