

Main Meal

Brookdale Wornall Place

Sunday, February 1, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Sunday, February 1, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Rissole Potatoes

Also Available

Fruit

 Tropical Fruit

Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Braised Beef Provencal

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

Vegetable

Lima Bean Medley

Accompaniments

 Pan Roasted Potatoes

 Steamed Brussels Sprouts

Buttered Noodles

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Ice Cream of the Day

Feature

Vanilla Cream Cake

Guiltless Pleasures

Light Ice Cream
Novelty

 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 Wornall Place

Monday, February 2, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Monday, February 2, 2026

Featured Starters

Soup of the Day

Cream of Tomato Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Whipped Sweet Potatoes

Also Available

Vegetable

Accompaniments

Cole Slaw

Macaroni and Cheese

Turkey Medallions

Sauteed marinated turkey medallions with a mustard cream sauce.

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Breaded Veal Cutlet

Breaded veal cutlet pan fried, baked, and served with brown sauce.



Steamed Green Peas

Mashed Potatoes

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Chocolate Cream Pie

Feature

Red Velvet Cake

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Wornall Place

Tuesday, February 3, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Chicken and Rice Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Basmati Rice

Also Available

Fruit

Tropical Fruit

Vegetable

 Steamed Carrots

Accompaniments

Candied Sweet Potatoes

 Steamed Chef's Vegetables

Rice Blend

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

Tropical Fruit

Feature

Brownies

Feature

Banana Pudding

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Wornall Place

Wednesday, February 4, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Clam Chowder

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

 Roasted Rosemary Potatoes

Also Available

Fruit

 Tropical Fruit

Vegetable

 Steamed Cauliflower

Accompaniments

Mashed Potatoes

Italian Baked Pollock

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

Beef Brisket

Tender beef brisket slowly baked in the oven.

 Steamed California Mix

Baked Beans

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Pumpkin Pie

Feature

Key Lime Pie

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Wornall Place

Thursday, February 5, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Thursday, February 5, 2026

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Vegetable

Accompaniments

 Steamed Spinach

Cornbread Dressing

 Steamed Yellow Squash

Wild Rice Blend

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Coconut Meringue Pie

Desserts

Feature

Mandarin Orange Cake

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Wornall Place

Friday, February 6, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Friday, February 6, 2026

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Couscous

Also Available

Fruit

Tropical Fruit

Vegetable

 Steamed Green Beans

Accompaniments

Old Fashioned Potato Salad

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit



Feature

Pecan Pie

Feature

Milk Chocolate Chunk
Cookie

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Wornall Place

Saturday, February 7, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Tossed Garden Salad

Brookdale Wornall Place

Saturday, February 7, 2026

Featured Starters

Soup of the Day

Beef Barley Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Chicken Tenders

Golden baked breaded chicken tenders.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniment

Golden Rice

Also Available

Vegetable

Accompaniments

 Steamed California Mix

Mashed Potatoes

Buttered Cabbage

Hush Puppies

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Vanilla Ice Cream

Feature

Blueberry Pie

Guiltless Pleasures

Light Ice Cream
Novelty

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