

Brookdale Wornall Place

Sunday, February 1, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

🍴 Tropical Fruit

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



Brookdale Wornall Place

Sunday, February 1, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

🍴 Chicken Breast Piccata

Sauteed breast of chicken served with a lemon caper sauce.

Braised Beef Provencale

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

Desserts

Feature

Ice Cream of the Day

Feature

Vanilla Cream Cake

Guiltless Pleasures

Light Ice Cream
Novelty

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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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wornall Place

Monday, February 2, 2026

Featured Starters

Soup of the Day

Cream of Tomato Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

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.

Turkey Medallions


Sauteed marinated turkey medallions with a mustard cream sauce.

Vegetable

Cole Slaw

Accompaniments

Macaroni and Cheese

 Steamed Green Peas

Mashed Potatoes

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wornall Place

Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Chicken and Rice Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Vegetarian Saute with Apple and Curry


A mix of chickpeas, lentils and apple in curry ginger sauce served over rice.

Vegetable

 Steamed Carrots

Accompaniments

Candied Sweet Potatoes

 Steamed Chef's Vegetables

Rice Blend

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wornall Place

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Clam Chowder

Salad of the Day

Tossed Garden Salad

Featured Entrees

Smothered Chicken

Chicken quarters with onions and green peppers, smothered in gravy.


Beef Brisket

Tender beef brisket slowly baked in the oven.

Italian Baked Pollock


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

Vegetable

 Steamed Cauliflower

Accompaniments

Mashed Potatoes

 Steamed California Mix

Baked Beans

Desserts

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

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

Fruit

 Tropical Fruit

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

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Brookdale Wornall Place

Thursday, February 5, 2026

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Baked Ham & Beans

Baked ham served with seasoned navy beans.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Peach Chutney Pork Roast

Roasted pork loin served with a ginger infused peach chutney.

Vegetable

 Steamed Spinach

Accompaniments

Cornbread Dressing

 Steamed Yellow Squash

Wild Rice Blend

Desserts

Feature

Coconut Meringue Pie

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wornall Place

Friday, February 6, 2026

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option


Roast Turkey

Perfectly seasoned slow roasted turkey.

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Vegetable

 Steamed Green Beans

Accompaniments

Old Fashioned Potato Salad

 Steamed Corn

Herb Stuffing

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wornall Place

Saturday, February 7, 2026

Featured Starters

Soup of the Day

Beef Barley Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Roast Beef with Au Jus

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


Beer Battered Cod

Deep fried beer battered cod served with a lemon wedge and tartar sauce.

Tandoori Chicken

Slow roasted chicken seasoned with curry, cumin and turmeric.

Vegetable


 Steamed California Mix

Accompaniments

Mashed Potatoes

Buttered Cabbage

Hush Puppies

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Ice Cream

Feature

Blueberry Pie

Guiltless Pleasures

Light Ice Cream
Novelty

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