

Main Meal

Brookdale North Raleigh

Sunday, February 1, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh

Sunday, February 1, 2026

Featured Starters

Soup of the Day

Tuscan Soup

Salad of the Day

Lemony Waldorf Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Rissole Potatoes

Also Available

Fruit

Pineapple Chunks

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

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

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 North Raleigh

Monday, February 2, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh

Monday, February 2, 2026

Featured Starters

Soup of the Day

White Chili

Salad of the Day

Buttermilk Cole Slaw

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Wild Rice with Porcini Mushrooms

Also Available

Baked Haddock

Haddock baked in the oven with a squeeze of lemon juice.

Chinese Spare Ribs

Spice-rubbed, baked pork ribs served with a soy ginger dipping sauce.

Roasted Chicken Quarters with Pineapple Salsa

Roasted chicken quarters topped with spicy pineapple salsa.

Item can be prepared as an  Optimum Life Cuisine Option

Vegetable

Peas with Mushrooms

Accompaniments

 Baked Potato

Braised Collard Greens

 Baked Sweet Potato

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

 Fresh Fruit Bowl

Feature

Chocolate Cream Pie

Desserts

Feature

Ice Cream of the Day

Guiltless Pleasures

Mini Reduced Sugar

Chocolate Cream Pie

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Main Meal

Brookdale North Raleigh
Tuesday, February 3, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh
Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

Soy Ginger Broccoli Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Mashed Potatoes

Also Available

Fruit Fresh Melon Cup

Vegetable

Caramelized Carrots

Accompaniments

 Baked Potato

 Steamed Cabbage

 Baked Sweet Potato

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies



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Fruit

Feature

Turtle Cheesecake

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Chiffon Cheesecake

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Main Meal

Brookdale North Raleigh

Wednesday, February 4, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Broccoli Cheese Chowder

Salad of the Day

Triple Bean Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

 Roasted Italian Herb Potatoes

Also Available

Featured Entrees

Baked Swai

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

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Vegetable

 Glazed Butternut Squash

Accompaniments

 Baked Potato

 Steamed Swiss Chard

 Baked Sweet Potato

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Apricot Halves

Feature

Buttercrunch Cake

Feature

Ice Cream of the Day

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie

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Main Meal

Brookdale North Raleigh

Thursday, February 5, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh

Thursday, February 5, 2026

Featured Starters

Soup of the Day

Chicken and Wild Rice Soup

Salad of the Day

Tomato and Cucumber Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Pinto Beans

Also Available

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

Vegetable

 Steamed Spinach

Accompaniments

 Baked Potato

Desserts

Feature

Coconut Custard Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Coconut Pudding

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Main Meal

Brookdale North Raleigh
Friday, February 6, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh
Friday, February 6, 2026

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Southern Potato Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Cottage Macaroni and Cheese

Also Available

Vegetable

Buttered Fresh Green Beans

Accompaniments

 Baked Potato

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Diced Peaches

Vegetable

Baked Tomato

Accompaniments

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cake with
Strawberry Filling

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Strawberry Banana
Pudding

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Main Meal

Brookdale North Raleigh

Saturday, February 7, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale North Raleigh

Saturday, February 7, 2026

Featured Starters

Soup of the Day

Beef and Vegetable Barley Soup

Salad of the Day

Pineapple Carrot Raisin Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Classic Cheese Omelet

Eggs and cheddar cheese cooked to perfection in this classic omelet.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniment

Garlic Whipped Potatoes

Also Available

Louisiana Basa

Fillet of basa grilled and served with a fresh tomato sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Citrus Glazed Chicken

Whole roasted chicken sliced off the bone and served with a citrus glaze.

Accompaniments

 Baked Potato

Vegetable

 Steamed Broccoli

 Baked Sweet Potato

Lemon Butter Zucchini

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

Chilled Applesauce

Feature

Chocolate Macadamia Nut Cookie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

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