

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Pineapple Chunks

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



Brookdale North Raleigh

Sunday, February 1, 2026

Featured Starters

Soup of the Day

Tuscany Soup

Salad of the Day

Lemony Waldorf Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

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

Chicken A La King


Tender chicken simmered in a rich mushroom gravy.

Braised Beef Provencale

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

Vegetable

Lyonnais Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

Accompaniments

 Pan Roasted Potatoes

Buttered Parslied Egg Noodles

Desserts

Feature

Cherry Almond Tart

Feature

Vanilla Cream Cake

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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We invite you to share your comments with your Dining Leaders.

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

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

Seasonal Desserts


Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale North Raleigh

Monday, February 2, 2026

Featured Starters

Soup of the Day

White Chili

Salad of the Day

Buttermilk Cole Slaw

Featured Entrees

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

Desserts

Feature

Chocolate Cream Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Mini Reduced Sugar
Chocolate Cream Pie

 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 North Raleigh

Tuesday, February 3, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets 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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Melon Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale North Raleigh

Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

Soy Ginger Broccoli Salad

Featured Entrees

Marinated Steak

Broiled flank steak marinated in red wine, garlic and fresh herbs.

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Baked Cod Au Gratin

Flaked cod baked in a creamy cheese sauce.

Vegetable

Caramelized Carrots

Accompaniments

 Baked Potato

 Steamed Cabbage

 Baked Sweet Potato

Desserts

Feature

Turtle Cheesecake

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar Chiffon
Cheesecake

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Apricot Halves

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale North Raleigh

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Broccoli Cheese Chowder

Salad of the Day

Triple Bean Salad

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

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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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

Featured Entrees

Pork Chops in Wine Sauce

Boneless pork chops simmered in a light white wine sauce.

Garlic Chicken

Garlic marinated chicken quarters baked in the oven until tender.

Baked Catfish

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

Vegetable

 Steamed Spinach

Accompaniments

 Baked Potato

Cauliflower Au Gratin

 Baked Sweet 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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Diced Peaches

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale North Raleigh

Friday, February 6, 2026

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Southern Potato Salad

Featured Entrees

Mediterranean Style Chicken

Chicken breast topped with mushrooms, olives, tomatoes and capers.

Sliced Pork Loin


Lean pork rubbed with herbs, roasted and served with a light onion gravy.

Salmon Croquettes


A lightly crusted flaked salmon cake fried to a golden brown.

Vegetable

Buttered Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Baked Tomato

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

 Baked Potato

 Baked Sweet Potato

Desserts

Feature

Chocolate Cake with
Strawberry Filling

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Strawberry Banana
Pudding

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We invite you to share your comments with your Dining Leaders.

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

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

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

Chilled Applesauce

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



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

Featured Entrees

Bistro Steak Medallions

Tender beef, seasoned and grilled to perfection.

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.

Vegetable


 Steamed Broccoli

Accompaniments

 Baked Potato

Lemon Butter Zucchini

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Macadamia
Nut Cookie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream
Novelty

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