

Main Meal

Brookdale Grandon Farms

Sunday, February 1, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

 Steamed Asparagus

 Steamed Broccoli

Boiled Potatoes

Desserts

Feature

Cheesecake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Grandon Farms

Monday, February 2, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

Sauteed Corn

Item can be prepared as an  Optimum Life Cuisine Option

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Grandon Farms
Tuesday, February 3, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

Lemon Butter Spinach

 Steamed Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Desserts

Feature

Chocolate Brownies

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Grandon Farms
Wednesday, February 4, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy

Classic roasted turkey served with herb stuffing and turkey gravy.

Beef and Broccoli

Tender beef and fresh broccoli stir-fried in a tangy sauce.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

 Steamed Carrots

 Steamed Spinach

Scalloped Potatoes

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Grandon Farms
Thursday, February 5, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Barbecue Baby Back Ribs

Barbecue sauce basted oven baked pork ribs, finished on the grill.

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

 Steamed Brussels Sprouts

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

French Fried Potatoes

Desserts

Feature

Pecan Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Grandon Farms

Friday, February 6, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

Sauteed Broccoli

 Steamed Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Desserts

Feature

Banana Cream Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Grandon Farms
Saturday, February 7, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

Bourbon Chicken

Pan seared chicken breasts cooked in a sweet gingered bourbon sauce.

- Always Available -

Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

Accompaniments

 Steamed California Mix

Italian Style Zucchini

Pasta of the Day

Baked Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Ice Cream of the Day

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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