

Main Meal

Brookdale Harrisburg
Sunday, February 1, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

Pineapple Teriyaki Chicken Thighs

Grilled teriyaki marinated chicken thighs topped with grilled pineapple.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

 Steamed Cauliflower

 Steamed Chef's Vegetables

Baked Beans

Pasta Salad

Desserts

Feature

Cheesecake

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

 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 Harrisburg
Monday, February 2, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

 **Baked Haddock**

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

Baked Ham

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

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

Cream Style Corn

 Steamed Chef's Vegetables

 Baked Sweet Potato

Pasta Salad

Desserts

Feature

Peach Pie

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Harrisburg
Tuesday, February 3, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pork Loin with Orange Marmalade Demi Glace Sauce
Tender roasted pork with an orange marmalade demi glace sauce.

 **Breaded Flounder Fillets**
Cornmeal breaded flounder fillet baked to perfection.

- Always Available -

 **Alice's Chicken Salad**
Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad
Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich
Colby jack and cheddar cheese grilled on white bread.

Accompaniments

 Steamed Broccoli

 Steamed Chef's Vegetables

 Roasted Rosemary Potatoes

Pasta Salad

Desserts

Feature
Banana Pudding

Fruit
 Diced Pears

Guiltless Pleasures
Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Harrisburg
Wednesday, February 4, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

Classic Coleslaw

 Steamed Chef's Vegetables

Creamy Macaroni Salad

Pasta Salad

Desserts

Feature

Chocolate Cake

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Harrisburg
Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

 Steamed Carrots

 Steamed Chef's Vegetables

Scalloped Potatoes

Pasta Salad

Desserts

Feature

Strawberry Rhubarb Pie

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Harrisburg
Friday, February 6, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

Buttered Broccoli

 Steamed Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Pasta Salad

Desserts

Feature

Coconut Cake

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Harrisburg
Saturday, February 7, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Chicken Caesar Salad

Marinated chicken, fresh romaine and croutons with classic caesar dressing.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

Accompaniments

 Steamed Green Beans

 Steamed Chef's Vegetables

Mashed Potatoes

Pasta Salad

Desserts

Feature

Pumpkin Pie

Fruit

 Diced Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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