

Main Meal

Brookdale Topeka

Sunday, February 1, 2026

## **Starters**

Mini Caesar Salad

## **Featured Entrees**

 **Pork Chop and Potatoes**

Lean boneless pork chops baked with sliced potatoes, onions, and garlic.

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

 **Pan Roasted Potatoes**

 **Roasted Zucchini and Pesto**

## **Desserts**

### **Feature**

Apple Cobbler

### **Fruit**

 Pineapple Chunks

### **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.



Main Meal

Brookdale Topeka

Monday, February 2, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 **Baked Tilapia**

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

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

 **Roasted Rosemary Potatoes**

 **Steamed Chef's Vegetables**

## **Desserts**

### **Feature**

Custard Pie

### **Fruit**

 **Fresh Fruit Bowl**

### **Guiltless Pleasures**

Applesauce Spice Bars

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Main Meal

Brookdale Topeka

Tuesday, February 3, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Pot Roast**

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

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Mashed Potatoes and Gravy

Caramelized Carrots

## **Desserts**

**Feature**

Chocolate Mousse

**Fruit**

 Fresh Melon Cup

**Guiltless Pleasures**

Sugar Free Vanilla  
Cookie

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Main Meal

Brookdale Topeka

Wednesday, February 4, 2026

## **Starters**

Wedge Salad

## **Featured Entrees**

**Coconut Fried Shrimp**

Curry marinated shrimp encrusted with coconut and flash fried.

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Lime Rice Pilaf

Italian Style California Blend

## **Desserts**

**Feature**

Honey Cake

**Fruit**

 Apricot Halves

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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## Main Meal

### Brookdale Topeka

Thursday, February 5, 2026

## Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

### - Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Chicken Tenders

Golden baked breaded chicken tenders.

## Accompaniments

Warm Potato Salad

Roasted Brussels Sprouts

## Desserts

### Feature

Cherry Cobbler

### Fruit

 Chilled Pears

### Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Topeka  
Friday, February 6, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Mashed Potatoes

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Frosted Carrot Cake

### **Fruit**

 Chilled Diced Peaches

### **Guiltless Pleasures**

Reduced Sugar Carrot  
Cake

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Main Meal

Brookdale Topeka

Saturday, February 7, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Beef Stroganoff**

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

### **- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Buttered Noodles

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Frosted Brownie

**Fruit**

Chilled Applesauce

**Guiltless Pleasures**

Sugar Free Vanilla  
Wafers

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