

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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