

Main Meal

Brookdale West Ashley  
Sunday, February 1, 2026

## **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.

### **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

Lyonnais Style Green Beans

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Buttered Parslied Egg Noodles

## **Desserts**

### **Feature**

Cherry Almond Tart

### **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 West Ashley  
Monday, February 2, 2026

## **Salad of the Day**

Mediterranean Chickpea Salad

## **Featured Entrees**

 **Baked Haddock**

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

**BBQ Pulled Pork**

Slow cooked pork, shredded and served in BBQ sauce.

### **- Always Available -**

 **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

**Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

**Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

Ratatouille

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

 Whole Wheat Pasta with Herbs

Warm Potato Salad

## **Desserts**

### **Feature**

Dutch Apple Pie

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Applesauce Spice Bars

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Main Meal

Brookdale West Ashley  
Tuesday, February 3, 2026

## **Salad of the Day**

Tomato and Crouton Salad

## **Featured Entrees**

### **Roast Beef with Au Jus**

Seasoned beef, slow roasted until tender, served with Au Jus.

### **Chicken in White Wine and Tarragon**

Chicken breast roasted in wine and herbs.

### **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

Caramelized Carrots

 Steamed Chef's Vegetables

 Baked Potato

Barley Risotto

## **Desserts**

### **Feature**

Apricot Bars

### **Fruit**

 Fresh Melon Cup

### **Guiltless Pleasures**

Sugar Free Vanilla  
Cookie

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Main Meal

Brookdale West Ashley

Wednesday, February 4, 2026

## **Salad of the Day**

Triple Bean Salad

## **Featured Entrees**

### **Traditional Roast Turkey**

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

### **Salisbury Steak**

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

## **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

Baked Acorn Squash

 Steamed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Potato Onion Supreme

## **Desserts**

### **Feature**

Chocolate Cake

### **Fruit**

 Apricot Halves

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale West Ashley  
Thursday, February 5, 2026

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Veal Cutlets**

Seasoned veal cutlet, sauteed until tender and served with brown sauce.

### **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

### **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

 Steamed Brussels Sprouts

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Oven Brown Potatoes

## **Desserts**

### **Feature**

Custard Pie

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar Custard

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Main Meal

Brookdale West Ashley  
Friday, February 6, 2026

## **Salad of the Day**

Wilted Lettuce Salad

## **Featured Entrees**

### **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

### **Smothered Pork Chops**

Southern classic pan-fried pork chops covered in an onion gravy.

### **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

Buttered Kale

Creamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Country Fried Sweet Potato

## **Desserts**

### **Feature**

Frosted Carrot Cake

### **Fruit**

 Chilled Diced Peaches

### **Guiltless Pleasures**

Reduced Sugar Carrot  
Cake

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Main Meal

Brookdale West Ashley  
Saturday, February 7, 2026

## **Salad of the Day**

Wedge Salad

## **Featured Entrees**

### **Beef Brisket**

Tender beef brisket slowly baked in the oven.

### **Fillet of Sole Almondine**

Baked sole fillet topped with lemon sauce and toasted almonds.

### **- Always Available -**

### **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

### **Egg Salad Sandwich on Croissant**

Croissant filled with homemade egg salad and fresh lettuce.

### **Tuna Melt Sandwich**

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

## **Accompaniments**

 Steamed California Mix

Italian Style Zucchini

Pilgrim Potatoes

Navy Beans

## **Desserts**

### **Feature**

Cream Puffs

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

Sugar Free Vanilla  
Wafers

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