

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

Lyonnaise Style Green Beans

Item can be prepared as an Ⓜ Optimum Life Cuisine Option

Ⓐ Steamed Broccoli

Ⓐ 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.



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

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Spinach

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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