

## Main Meal

Brookdale Augusta  
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 -**

#### **Ⓐ Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

#### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

Lyonnaisse 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.



Main Meal

Brookdale Augusta  
Monday, February 2, 2026

## Salad of the Day

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 -

### Spice Rubbed Pork Chops

Boneless pork chop rubbed with cumin, paprika and chili powder.

### Polish Sausage

Polish sausage links simmered with onions and seasonings.

### Tavern Battered Cod

Battered cod flash fried to a golden brown.

## Accompaniments

Ratatouille

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Warm Potato Salad

## Desserts

### Feature

Dutch Apple Pie

### Fruit

 Fresh Fruit Bowl

### Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Augusta  
Tuesday, February 3, 2026

## Salad of the Day

Tomato and Crouton Salad

## Featured Entrees

### **Beef Ragout**

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

### **Chicken Veronique**

Sauteed chicken breast served with a light white wine grape sauce.

### **- Always Available -**

### **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## 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 Augusta  
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 -**

#### **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

#### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

Glazed Butternut Squash

 Steamed Brussels Sprouts

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 Augusta  
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 -**

#### **⌚ Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

#### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

⌚ Steamed Spinach

Buttered Succotash

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Au Gratin Potatoes

Cilantro Rice

### **Desserts**

#### **Feature**

Custard Pie

#### **Fruit**

⌚ Chilled Pears

#### **Guiltless Pleasures**

Reduced Sugar Custard



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## Main Meal

Brookdale Augusta  
Friday, February 6, 2026

### Salad of the Day

Wilted Lettuce Salad

### Featured Entrees

#### **Fried Chicken**

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

#### **Smothered Pork Chop with Peppers**

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

#### **- Always Available -**

#### **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

#### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### Accompaniments

Buttered Kale

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

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Noodles Romanoff

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 Augusta  
Saturday, February 7, 2026

## Salad of the Day

Wedge Salad

## Featured Entrees

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

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

### **Fillet of Sole Almondine**

Baked sole fillet topped with lemon sauce and toasted almonds.

### **- Always Available -**

### **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## 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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