

Main Meal

Brookdale Edmond Danforth

Sunday, February 1, 2026

Starters

Mixed Green Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Twice Baked Potato

 Steamed Brussels Sprouts

Desserts

Feature

Baked Cherry 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 Edmond Danforth

Monday, February 2, 2026

Starters

Mixed Green Salad

Featured Entrees

Coconut Curry Chicken

Sauteed chicken quarter served in a coconut curry sauce.

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

White Rice

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Edmond Danforth

Tuesday, February 3, 2026

Starters

Mixed Green Salad

Featured Entrees

Ground Round Steak with Onions

Tender beef patties served with sauteed onions and tomato sauce.

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Kale

Desserts

Feature

Lemon Bars

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Edmond Danforth
Wednesday, February 4, 2026

Starters

Mixed Green Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Homestyle Bread Stuffing

Glazed Butternut Squash

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Edmond Danforth
Thursday, February 5, 2026

Starters

Tossed Garden Salad

Featured Entrees

Veal Cutlets

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

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Au Gratin Potatoes

 **Steamed Spinach**

Desserts

Feature

Custard Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Edmond Danforth

Friday, February 6, 2026

Starters

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

- Always Available -

 Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Noodles Romanoff

Buttered Kale

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 Edmond Danforth
Saturday, February 7, 2026

Starters

Wedge Salad

Featured Entrees

Roast Beef with Au Jus

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

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Pilgrim Potatoes

 Steamed California Mix

Desserts

Feature

Cream Puffs

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Vanilla
Wafers

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