

Main Meal

Brookdale Hattiesburg AL
Sunday, February 1, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Collard Greens

Stewed Tomatoes

Egg Noodles

Navy Beans

Desserts

Feature

Baked Blueberry
Cobbler

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Hattiesburg AL
Monday, February 2, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Herb Roasted Chicken

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

- Always Available -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Ratatouille

 Steamed Cabbage

Pinto Beans

 Steamed Brown Rice

Desserts

Feature

Water Pie

Fruit

 Fresh Orange

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Hattiesburg AL
Tuesday, February 3, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Grilled Vegetables

 Steamed Zucchini

Mashed Potatoes and Gravy

Buttered Noodles

Desserts

Feature

Boston Cream Mini
Croissant

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Hattiesburg AL
Wednesday, February 4, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Beef Stew

Tender beef and vegetables in this homestyle classic.

- Always Available -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Lima Beans

Candied Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Parslied Buttered Noodles

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar
Strawberry Jell-O
Shooter

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Main Meal

Brookdale Hattiesburg AL
Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Polish Sausage

Polish sausage links simmered with onions and seasonings.

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 -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Spinach

 Steamed Yellow Squash

Au Gratin Potatoes

Red Beans and Rice

Desserts

Feature

Key Lime Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Hattiesburg AL

Friday, February 6, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Potato Salad

 Steamed Italian Green Beans

Barbecue Baked Beans

Hush Puppies

Desserts

Feature

Strawberry Shortcake

Fruit

 Fresh Orange

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Hattiesburg AL
Saturday, February 7, 2026

Salad of the Day

Tossed Green 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 -

Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled 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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