

Main Meal

Brookdale Madison West
Sunday, February 1, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Baked Catfish with Thyme, Garlic and Lemon

Southern seasoned catfish fillet oven-baked and finished with lemon juice.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Melt Sandwich

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

Accompaniments

Lemon Butter Spring Mix

 Steamed Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Buttered Parslied Egg Noodles

Desserts

Feature

Ice Cream of the Day

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 Madison West
Monday, February 2, 2026

Salad of the Day

Mini Caesar Salad

Featured Entrees

 Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Melt Sandwich

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

Accompaniments

Italian Style Brussels Sprouts

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 Whole Wheat Pasta with Herbs

Cilantro Rice

Desserts

Feature

Cheesecake with Cherry
Topping

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Madison West
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.

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

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

Couscous

Desserts

Feature

Classic Tiramisu

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Madison West
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

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Melt Sandwich

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

Accompaniments

Buttered California Mix

 Steamed Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Potato Pancakes

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Madison West
Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

 **Baked Tex Mex Chicken**

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

- Always Available -

 **Grilled Salmon**

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

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

French Fried Potatoes

Oven Brown Potatoes

Desserts

Feature

Eclair

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Madison West

Friday, February 6, 2026

Salad of the Day

Tomato, Avocado and Onion 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 Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Melt Sandwich

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

Accompaniments

Buttered Italian Mix

Creamed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Sweet Potato Fries

Desserts

Feature

Frosted German
Chocolate Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Madison West
Saturday, February 7, 2026

Salad of the Day

Tomato Wedges

Featured Entrees

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Melt Sandwich

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

Accompaniments

 Steamed California Mix

Italian Style Zucchini

Cranberry Rice Pilaf

Oven Roasted Potatoes

Desserts

Feature

Cream Puffs

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Vanilla
Wafers

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