

Main Meal

Brookdale Salem AL OH
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

 Herb Breaded Breast of Chicken

Baked chicken breast coated in seasoned whole wheat bread crumbs.

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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


Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Parmesan Noodles

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Buttermilk Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Salem AL OH
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Herbed Potatoes

 **Steamed Carrots**

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Salem AL OH
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Baked Pollock**

Fillet of pollock baked in the oven and topped with a squeeze of lemon juice.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Hush Puppies

Creamy Cole Slaw

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Salem AL OH
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Zesty Meatloaf

Ground beef loaf topped with a ketchup and brown sugar glaze.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Mashed Potatoes and Gravy

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Salem AL OH
Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Turkey Divan

Sliced turkey breast and broccoli covered in a rich cream sauce.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Rice Pilaf

 Steamed Broccoli

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Salem AL OH
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Parslied New Potatoes

Potato Salad

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Salem AL OH
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Famous Fried Chicken

Boneless breast of chicken hand breaded and fried to golden brown.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Hash Brown Potatoes

Roasted Cauliflower

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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