

Main Meal

Brookdale Heritage Plaza
Sunday, February 1, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Rissole Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Pineapple Chunks

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.



Brookdale Heritage Plaza
Sunday, February 1, 2026

Featured Starters

Soup of the Day

Tuscany Soup

Salad of the Day

Macaroni Salad

Featured Entrees

Pork Loin Au Poivre

Grilled pork loin with a rich brandy cream sauce.

Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy sauce.

Braised Beef Provencale

Tender, slow cooked beef and vegetables served in a red wine sauce.

Vegetable

Lyonnais Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

Accompaniments

 Pan Roasted Potatoes

Buttered Parslied Egg Noodles

Desserts

Feature

Cherry Almond Tart

Feature

Vanilla Cream Cake

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 Heritage Plaza
Monday, February 2, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Whipped Sweet Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Heritage Plaza
Monday, February 2, 2026

Featured Starters

Soup of the Day

Creamy Onion Soup

Salad of the Day

Caesar Salad

Featured Entrees

Baked Cod

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

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Turkey Medallions

Sauteed marinated turkey medallions with a mustard cream sauce.

Vegetable

Potato Salad

Accompaniments

Orzo Pilaf

Braised Collard Greens

Warm Potato Salad

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Dutch Apple Pie

Feature

Red Velvet Cake

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Heritage Plaza
Tuesday, February 3, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Basmati Rice

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Melon Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Heritage Plaza
Tuesday, February 3, 2026

Featured Starters

Soup of the Day

Garden Vegetable Soup

Salad of the Day

Spinach Harvest Salad

Featured Entrees

Braised Beef

Tender beef simmered in a red wine sauce with vegetables.

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Vegetarian Saute with Apple and Curry

A mix of chickpeas, lentils and apple in curry ginger sauce served over rice.

Vegetable

Candied Carrots

Accompaniments

 Baked Potato

 Steamed Chef's Vegetables

Barley Risotto

Desserts

Feature

Apricot Bars

Feature

Banana Pudding

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Brookdale Heritage Plaza

Wednesday, February 4, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

 Roasted Rosemary Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Apricot Halves

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Heritage Plaza

Wednesday, February 4, 2026

Featured Starters

Soup of the Day

Potato Dill Soup

Salad of the Day

Triple Bean Salad

Featured Entrees

Stuffed Chicken Breast

Mushrooms and gouda stuffed chicken served with a light pan sauce.

 **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

 **Italian Baked Pollock**

Pollock fillet baked in an Italian style tomato and herb sauce.

Vegetable

Glazed Beets

Accompaniments

Homestyle Bread Stuffing

 Steamed Brussels Sprouts

Potato Onion Supreme

Desserts

Feature

Chocolate Cake

Feature

Key Lime Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Heritage Plaza

Thursday, February 5, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Heritage Plaza

Thursday, February 5, 2026

Featured Starters

Soup of the Day

Harvest Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Grilled Ham Steak

Premium ham sliced and grilled.

Mediterranean Style Cod

Fillet of cod baked in a sauce with tomatoes, onions, olives and white wine.

Peach Chutney Pork Roast

Roasted pork loin served with a ginger infused peach chutney.

Vegetable

 Snow Peas with Orange

Accompaniments

Au Gratin Potatoes

Buttered Succotash

Cilantro Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Custard Pie

Feature

Mandarin Orange Cake

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Heritage Plaza

Friday, February 6, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Couscous

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Diced Peaches

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Brookdale Heritage Plaza

Friday, February 6, 2026

Featured Starters

Soup of the Day

Homestyle Chili

Salad of the Day

Tropical Fruit Salad

Featured Entrees

Fried Catfish

Breaded catfish fillet flash fried until golden brown.

Smothered Pork Chop with Peppers

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

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Vegetable

Classic Coleslaw

Accompaniments

Noodles Romanoff

Baked Acorn Squash

Country Fried Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Frosted Carrot Cake

Feature

Milk Chocolate Chunk
Cookie

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Heritage Plaza
Saturday, February 7, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Golden Rice

Also Available

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

Chilled Applesauce

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Heritage Plaza
Saturday, February 7, 2026

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Cucumber Salad

Featured Entrees

Roast Beef with Au Jus

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

 **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

Tandoori Chicken

Slow roasted chicken seasoned with curry, cumin and turmeric.

Vegetable

 Summer Tomato Salad

Accompaniments

Pilgrim Potatoes

Italian Style Zucchini

Navy Beans

Desserts

Feature

Cream Puffs

Feature

Blueberry Pie

Guiltless Pleasures

Sugar Free Vanilla Wafers

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