

Main Meal

Brookdale Sparks

Sunday, February 1, 2026

Salad of the Day

Lemony Waldorf Salad

Featured Entrees

Pork Roast with Horseradish and Herbs

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

 Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Lyonnais Style Green Beans

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Buttered Parslied Egg Noodles

Desserts

Feature

Cherry Almond Tart

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 Sparks

Monday, February 2, 2026

Salad of the Day

Chickpea Salad

Featured Entrees

 Baked Haddock

Haddock baked in the oven with a squeeze of lemon juice.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Ratatouille

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

Warm Potato Salad

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Sparks

Tuesday, February 3, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

 Chicken Veronique

Sauteed chicken breast served with a light white wine grape sauce.

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Caramelized Carrots

 Steamed Chef's Vegetables

 Baked Potato

Barley Risotto

Desserts

Feature

Apricot Bars

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Sparks

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

 Salisbury Steak

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

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Glazed Butternut Squash

 Steamed Brussels Sprouts

Homestyle Bread Stuffing

Potato Onion Supreme

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Sparks

Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Veal Cutlets

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

 Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Steamed Spinach

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Cilantro Rice

Desserts

Feature

Custard Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Sparks

Friday, February 6, 2026

Salad of the Day

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

Smothered Pork Chop with Peppers

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

- Always Available -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Noodles Romanoff

Country Fried Sweet Potato

Desserts

Feature

Frosted Carrot Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Sparks

Saturday, February 7, 2026

Salad of the Day

Wedge 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 -

 Chicken Florentine

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

Crab Cake

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

Tavern Battered Cod

Battered cod flash fried 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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