

Main Meal

Brookdale Bossier City
Sunday, February 1, 2026

Salad of the Day

Cucumber Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

Grilled Salmon

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

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Buttered Cauliflower

 Steamed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

Candied Yams

Desserts

Feature

Baked Apple

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 Bossier City
Monday, February 2, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

Pork Chops with Roasted Apples and Onions

Sauteed pork chops served with sweet roasted apples and onions.

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Caramelized Carrots

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Yellow Rice

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Applesauce Spice Bars

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Main Meal

Brookdale Bossier City
Tuesday, February 3, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Baked Cornish Hen

Oven baked cornish hen stuffed with seasoned vegetables.

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Winter Squash

 Steamed Chef's Vegetables

Whipped Potatoes

Desserts

Feature

German Chocolate
Cupcake

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Sugar Free Vanilla
Cookie

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Main Meal

Brookdale Bossier City
Wednesday, February 4, 2026

Salad of the Day

Chopped Salad

Featured Entrees

Louisiana Shrimp Creole

Southern shrimp dish with tomatoes, onions, peppers and celery.

Salisbury Steak

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

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

 Steamed Zucchini

 Steamed Beets

White Rice

Desserts

Feature

Chocolate Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Bossier City
Thursday, February 5, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Italian Sausage with Peppers and Onions

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

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

 Steamed Brussels Sprouts

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Oven Brown Potatoes

Desserts

Feature

Lemon Meringue Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Bossier City
Friday, February 6, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Crab Cake

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

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Fried Okra

Hush Puppies

Onion Rings

Desserts

Feature

Coconut Cake

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Bossier City
Saturday, February 7, 2026

Salad of the Day

Mini Caesar Salad

Featured Entrees

Beef Tips

Tender beef tips simmered in a mushroom gravy.

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Cheese Sandwich


American cheese on white bread grilled to a golden brown.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Barbecue Baked Beans

Desserts

Feature


Pecan Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Sugar Free Vanilla
Wafers

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