

Main Meal

Brookdale North Mesa
Sunday, February 1, 2026

Salad of the Day

Mixed Green 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 -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Lyonnais Style Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Broccoli

 Pan Roasted Potatoes

Dirty Rice

Desserts

Feature

Chocolate Ice Cream

Fruit

 Fresh Apple

Guiltless Pleasures

No Sugar Added Fruited
Gelatin

 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 North Mesa
Monday, February 2, 2026

Salad of the Day

Texas Slaw

Featured Entrees

Chicken Stroganoff

Sauteed chicken, onions and mushrooms in a light sour cream sauce.

German Bratwurst with Sauerkraut

Bratwurst simmered with sauerkraut and onion.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Roasted Broccoli

Braised Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

Warm Potato Salad

Desserts

Feature

Dutch Apple Pie

Fruit

 Fresh Apple

Guiltless Pleasures

No Sugar Added Fruited
Gelatin

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Main Meal

Brookdale North Mesa
Tuesday, February 3, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Caramelized Carrots

Calico French Fries

Mexican Rice

Desserts

Feature

Rice Pudding

Fruit

 Fresh Apple

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale North Mesa
Wednesday, February 4, 2026

Salad of the Day

Triple Bean Salad

Featured Entrees

Roasted Indian Butter Chicken

Roasted chicken quarter served with a zesty ginger chile sauce.

Salisbury Steak

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Beet Salad

Lemon Rice

Buttered Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Orange

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale North Mesa
Thursday, February 5, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Shrimp Fajitas

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Steamed Brussels Sprouts

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mexican Rice

Oven Brown Potatoes

Desserts

Feature

Lemon Ice Box Pie

Fruit

 Fresh Orange

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale North Mesa
Friday, February 6, 2026

Salad of the Day

Spicy Pickled Beet 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 -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Buttered Bok Choy

Creole Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Homestyle Grits

Desserts

Feature

Frosted Carrot Cake

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale North Mesa
Saturday, February 7, 2026

Salad of the Day

Tomato and Onion Salad

Featured Entrees

Beef Brisket

Tender beef brisket slowly baked in the oven.

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Steamed California Mix

Pinto Beans

Parmesan Potato Wedges

Desserts

Feature

Vanilla Ice Cream

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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