

Main Meal

Brookdale East Tucson  
Sunday, February 8, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

### **Hawaiian Grilled Chicken Thighs**

Chicken thighs marinated in brown sugar, soy sauce and coconut.

### **- Always Available -**

#### **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

#### **Cheeseburger**

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

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Pasta with Tomato Basil Sauce

Cream Style Corn

## **Desserts**

### **Feature**

Tiger Brownie

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Sugar Free Strawberry  
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 East Tucson  
Monday, February 9, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 Applesauce Pork Chop

Lean bone-in pork chop topped with applesauce and cinnamon and baked.

**- Always Available -**

 Broiled Pollock

Pollock fillet lightly seasoned and then broiled.

**Cheeseburger**

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

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Herbed Potatoes

 Steamed Spinach

## **Desserts**

**Feature**

Chocolate Cream  
Pudding

**Fruit**

 Fresh Fruit Bowl

**Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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Main Meal

Brookdale East Tucson  
Tuesday, February 10, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

**Chicken Cacciatore**

Chicken quarters braised in tomato sauce with mushrooms and peppers.

### **- Always Available -**

 **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

**Cheeseburger**

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

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

**Lemon Rice**

Item can be prepared as an  Optimum Life Cuisine Option

**Sauteed Zucchini**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Marble Cake

**Fruit**

 Fresh Fruit Bowl

**Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale East Tucson  
Wednesday, February 11, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 **Salisbury Steak**

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

### **- Always Available -**

 **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

### **Cheeseburger**

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

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Mashed Potatoes

Peas with Carrots

## **Desserts**

### **Feature**

Key Lime Pie

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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Main Meal

Brookdale East Tucson  
Thursday, February 12, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

### **Chicken Thighs with Mushroom Sauce**

Sauteed lightly breaded chicken served with a light mushroom sauce.

### **- Always Available -**

#### **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

#### **Cheeseburger**

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

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Rice Pilaf

### **Buttered Succotash**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Coconut Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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## Main Meal

Brookdale East Tucson  
Friday, February 13, 2026

### Starters

Mixed Green Salad

### Featured Entrees

#### Seasoned Baked Pork Chops

Baked pork chop encrusted with a ginger-cayenne breading.

#### - Always Available -

#### Broiled Pollock

Pollock fillet lightly seasoned and then broiled.

#### Cheeseburger

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

#### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

### Accompaniments

#### Boiled Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

#### Buttered Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Ice Cream of the Day

#### Fruit

 Fresh Fruit Bowl

#### Guiltless Pleasures

Sugar Free Orange  
Gelatin

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Main Meal

Brookdale East Tucson  
Saturday, February 14, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 **Elegant Beef Tenderloin**

Oven baked beef tenderloin covered in a Dijon mustard & horseradish crust.

### **- Always Available -**

 **Broiled Pollock**

Pollock fillet lightly seasoned and then broiled.

### **Cheeseburger**

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

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Fingerling Potatoes with Fresh Herbs

 Grilled Vegetables

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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