

Main Meal

Brookdale Attleboro
Sunday, February 8, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Apple Stuffed Chicken

Baked breast of chicken filled with an apple and walnut stuffing.

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Buttered Butternut Squash

 Steamed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Rice Pilaf

Mashed Potatoes

Desserts

Feature

Pumpkin Pie

Fruit

 Fresh Grapes

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Attleboro

Monday, February 9, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Creamy Mushroom Pork Chops

Sautéed pork chops served with a light creamy mushroom sauce.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Lemon Butter California Mix

 Steamed Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 Baked Sweet Potato

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Gelatin

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Main Meal

Brookdale Attleboro

Tuesday, February 10, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Stir Fry Chicken and Vegetables

Chicken breast and fresh vegetables stir-fried with ginger and soy sauce.

Calves Liver with Bacon and Onions

Pan fried calves liver with sauteed onions and crisp bacon.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Soy Ginger Sauteed Zucchini

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Brown Rice

Mashed Potatoes

Desserts

Feature

Strawberry Shortcake

Fruit

 Apple Slices

Guiltless Pleasures

Reduced Sugar Custard

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Main Meal

Brookdale Attleboro

Wednesday, February 11, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Pasta with Tomato Basil Sauce

Garden Blend Rice

Desserts

Feature

Apple Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Banana
Cream Pie

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Main Meal

Brookdale Attleboro

Thursday, February 12, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

Beef Stew

Tender beef and vegetables in this homestyle classic.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Parslied New Potatoes

Cranberry Rice Pilaf

Desserts

Feature

Banana Foster Cake

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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Main Meal

Brookdale Attleboro
Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

Butter Crumb Cod

Baked cod fillet with a buttery bread crumb topping.

- Always Available -

 **Lemon Baked Cod**

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Couscous

Desserts

Feature

Apple Cranberry Crisp

Fruit

 Apricot Halves

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Attleboro

Saturday, February 14, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy

Classic roasted turkey served with herb stuffing and turkey gravy.

Roast Pork Loin

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

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham Salad Sandwich

Diced ham blended with sweet pickle relish & mayonnaise on white bread.

Accompaniments

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Cornbread Stuffing

Desserts

Feature

French Silk Pie

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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