

## 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

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

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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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