

Main Meal

Brookdale Chandler Ray Road

Sunday, February 8, 2026

Starters

Spinach, Bacon and Swiss Cheese Salad

Featured Entrees

Grilled Honey Barbecue Chicken

Grilled chicken breast basted with honey infused barbecue sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

White Rice

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Melon Cup

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 Chandler Ray Road

Monday, February 9, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Homestyle Potatoes

 Steamed California Mix

Desserts

Feature

Boston Cream Mini
Croissant

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Chandler Ray Road

Tuesday, February 10, 2026

Starters

Red Fox Salad

Featured Entrees

 **Poached Halibut**

Halibut fillet poached with a mixture of lemon, onions and pepper.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Refried Beans

Scalloped Corn

Desserts

Feature

Cheesecake with
Cherry Topping

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Chandler Ray Road
Wednesday, February 11, 2026

Starters

Classic Coleslaw

Featured Entrees

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Mashed Potatoes and Gravy

Italian Style Broccoli

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Chandler Ray Road

Thursday, February 12, 2026

Starters

Waldorf Salad

Featured Entrees

Chicken Liver

Sauteed chicken livers topped with crisp bacon, onions and gravy.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Italian Mix**

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Chandler Ray Road

Friday, February 13, 2026

Starters

Mediterranean Salad

Featured Entrees

Friday Fish Fry

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Parmesan Potato Wedges

Roasted Cauliflower

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Chandler Ray Road

Saturday, February 14, 2026

Starters

Black Bean Corn Salad

Featured Entrees

Chicken Thighs with Mushroom Sauce

Sauteed lightly breaded chicken served with a light mushroom sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

Cheeseburger

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

Accompaniments

Cilantro Rice

Sauteed Zucchini with Peppers and Onions

Desserts

Feature

Apple Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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