

Main Meal

Brookdale West Hartford
Sunday, February 8, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Cornflake Chicken

Boneless breast of chicken coated with cornflake crust & baked until tender.

Beef Stew

Tender beef and vegetables in this homestyle classic.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Cream Style Corn

 Steamed Carrots

Rice Pilaf

Scalloped Potatoes

Desserts

Feature

Cherry Cobbler

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 West Hartford
Monday, February 9, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

- Always Available -

 **Baked Whitefish with Lemon**

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

 Steamed Spinach

Boiled Red Cabbage

Herbed Potatoes

Barley Pilaf

Desserts

Feature

Lemon Bars

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Mint
Chocolate Mousse

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Main Meal

Brookdale West Hartford
Tuesday, February 10, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Rosemary and Garlic Chicken

Marinated chicken breast baked in a rosemary and garlic wine sauce.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Couscous

Oven Roasted Potatoes

Desserts

Feature

German Chocolate Mini
Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar German
Chocolate Cake

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Main Meal

Brookdale West Hartford
Wednesday, February 11, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Cranberry Rice Pilaf

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Cherry Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale West Hartford
Thursday, February 12, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Red Beans and Rice

Creamy Baked Mashed Potatoes

Desserts

Feature

Apple Walnut Cake

Fruit

 Apricot Halves

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale West Hartford
Friday, February 13, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Apple Glazed Chicken

Bone in chicken baked with an apple cinnamon glaze.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Zesty Stewed Tomatoes

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

 Baked Sweet Potato

Desserts

Feature

Pecan Pie

Fruit

 Apricot Halves

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale West Hartford
Saturday, February 14, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Veal Patty

Oven baked seasoned ground veal patty.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Turkey Burger

with lettuce and tomato on a bun

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Scalloped Broccoli

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Couscous

Desserts

Feature

Coconut Custard Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Custard
Pie

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