

## Main Meal

### Brookdale Bayshore

Sunday, February 8, 2026

## **Seasonal Starters**

### Soup of the Season

Chicken Noodle Soup

### Salad of the Season

Classic Coleslaw

### Brookdale Bayshore

Sunday, February 8, 2026

## **Featured Starters**

### Soup of the Day

New England Clam Chowder

### Salad of the Day

Tossed Garden Salad

## **Seasonal Entrees**

### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Accompaniment

Potato Wedges

### Also Available

Grilled Cheese Sandwich

### **Savory Swiss Steak**

Classic round steak cooked in a rich tomato sauce.

### **Southern Fried Chicken**

Buttermilk marinated chicken quarters fried to a crispy, golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

### Accompaniments

Mashed Potatoes

### Vegetable

Buttered Corn

### **Baked Sweet Potato**

Item can be prepared as an  Optimum Life Cuisine Option

### **Hot Dog**

### **Steamed Carrots**

## **Seasonal Desserts**

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Sugar Cookie

### Fruit

 Fresh Fruit Salad

### Feature

Buttermilk Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
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## Main Meal

**Brookdale Bayshore**

Monday, February 9, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Classic Coleslaw

**Brookdale Bayshore**

Monday, February 9, 2026

### **Featured Starters**

#### Soup of the Day

Italian Meatball Soup

#### Salad of the Day

Tossed Garden Salad

### **Seasonal Entrees**

#### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

#### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

#### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### **Featured Entrees**

#### **Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

#### **Lemon Grilled Chicken**

Grilled chicken quarters in a lemon garlic marinade.

#### **Bavarian Beef**

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

#### Accompaniment

Potato Wedges

#### Also Available

Grilled Cheese Sandwich

#### Vegetable

Peas with Carrots

#### Accompaniments

Herbed Potatoes

Hot Dog

Sauteed Okra

Rice Pilaf

Item can be prepared as an  Optimum Life Cuisine Option

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Sugar Cookie

#### Fruit

 Fresh Fruit Salad

#### Feature

Lemon Bars

#### Feature

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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## Main Meal

### Brookdale Bayshore

Tuesday, February 10, 2026

## **Seasonal Starters**

### Soup of the Season

Chicken Noodle Soup

### Salad of the Season

Classic Coleslaw

### Brookdale Bayshore

Tuesday, February 10, 2026

## **Featured Starters**

### Soup of the Day

Corn Chowder

### Salad of the Day

Tossed Garden Salad

## **Seasonal Entrees**

### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

## **Featured Entrees**

### **Pecan Crusted Catfish**

Baked catfish fillet with a pecan cornmeal coating.

### **Italian Sausage with Peppers and Onions**

Hearty sweet and spicy Italian sausage served with onions and peppers.

### **Roasted Boneless Turkey Breast**

Lightly seasoned oven roasted turkey breast.

### Accompaniment

Potato Wedges

### Also Available

Grilled Cheese Sandwich

### Vegetable

Zesty Stewed Tomatoes

### Accompaniments

Hush Puppies

Hot Dog

Buttered Green Beans

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

## **Seasonal Desserts**

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Sugar Cookie

### Fruit

 Fresh Fruit Salad

### Feature

Tiramisu Cake

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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## Main Meal

### Brookdale Bayshore

Wednesday, February 11, 2026

## **Seasonal Starters**

### Soup of the Season

Chicken Noodle Soup

### Salad of the Season

Classic Coleslaw

### Brookdale Bayshore

Wednesday, February 11, 2026

## **Featured Starters**

### Soup of the Day

Egg Drop Mushroom Soup

### Salad of the Day

Macaroni Salad

## **Seasonal Entrees**

### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

## **Featured Entrees**

### **Mousaka**

Layered dish of eggplant, ground beef, tomatoes and white sauce.

### **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

### **BBQ Pork Chop**

Tender pork chop baked in barbecue sauce.

### Accompaniment

Potato Wedges

### Also Available

Grilled Cheese Sandwich

### Vegetable

Roasted Brussels Sprouts

### Accompaniments

Anna Potatoes

Hot Dog

Baked Cauliflower

Garden Blend Rice

## **Seasonal Desserts**

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Sugar Cookie

### Fruit

 Fresh Fruit Salad

### Feature

Cherry Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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## Main Meal

### Brookdale Bayshore

Thursday, February 12, 2026

## **Seasonal Starters**

### Soup of the Season

Chicken Noodle Soup

### Salad of the Season

Classic Coleslaw

### Brookdale Bayshore

Thursday, February 12, 2026

## **Featured Starters**

### Soup of the Day

Cheddar Beer Soup

### Salad of the Day

Tossed Garden Salad

## **Seasonal Entrees**

### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Accompaniment

Potato Wedges

### Also Available

Grilled Cheese Sandwich

Hot Dog

### Vegetable

 Steamed Butternut Squash

### Accompaniments

Wild Rice Blend

 Fresh Vegetable Blend

Parslied New Potatoes

## **Seasonal Desserts**

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Sugar Cookie

### Fruit

 Fresh Fruit Salad

### Feature

German Chocolate Mini Cake

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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## Main Meal

**Brookdale Bayshore**

Friday, February 13, 2026

### **Seasonal Starters**

#### Soup of the Season

Chicken Noodle Soup

#### Salad of the Season

Classic Coleslaw

**Brookdale Bayshore**

Friday, February 13, 2026

### **Featured Starters**

#### Soup of the Day

Gumbo Soup

#### Salad of the Day

Tossed Garden Salad

### **Seasonal Entrees**

#### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

#### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

#### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

#### Accompaniment

Potato Wedges

#### Also Available

Grilled Cheese Sandwich

Hot Dog

#### Vegetable

Zesty Stewed Tomatoes

#### Accompaniments

Fluffy White Rice

Buttered Chef's Vegetables

 **Baked Sweet Potato**

Item can be prepared as an  Optimum Life Cuisine Option

### **Seasonal Desserts**

#### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

#### Cookie of the Month

Sugar Cookie

#### Fruit

 Fresh Fruit Salad

#### Feature

Apple Cobbler

#### Feature

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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## Main Meal

### Brookdale Bayshore

Saturday, February 14, 2026

## **Seasonal Starters**

### Soup of the Season

Chicken Noodle Soup

### Salad of the Season

Classic Coleslaw

### Brookdale Bayshore

Saturday, February 14, 2026

## **Featured Starters**

### Soup of the Day

Cream of Broccoli Soup

### Salad of the Day

Tossed Garden Salad

## **Seasonal Entrees**

### **Curried Chicken Salad Sandwich**

Chicken, cashew & mango chutney tossed with curry dressing served in a pita.

### **Pollock Nuggets**

Battered pollock flash fried to a golden brown.

### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Accompaniment

Potato Wedges

### Also Available

Grilled Cheese Sandwich

### Vegetable

Roasted Broccoli

### Accompaniments

Mashed Potatoes

Hot Dog

 Steamed Chef's Vegetables

Wild Rice Blend

## **Seasonal Desserts**

### Ice Cream of the Month

Mint Chocolate Chip Ice Cream

### Cookie of the Month

Sugar Cookie

### Fruit

 Fresh Fruit Salad

### Feature

French Silk Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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