

Main Meal

Brookdale Bayshore

Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Chicken Noodle Soup

Salad of the Season

Classic Coleslaw

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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

We invite you to share your comments with your Dining Leaders.



Brookdale Bayshore

Sunday, February 8, 2026

Featured Starters

Soup of the Day

New England Clam Chowder

Salad of the Day

Tossed Garden Salad

Featured Entrees

Lemon Pepper Baked Catch of the Day


Fillet of fish seasoned with lemon juice and ground black pepper.

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

Vegetable

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

Accompaniments

Mashed Potatoes

 Baked Sweet Potato

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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

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Brookdale Bayshore

Monday, February 9, 2026

Featured Starters

Soup of the Day

Italian Meatball Soup

Salad of the Day

Tossed Garden Salad

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.

Vegetable


Peas with Carrots

Accompaniments

Herbed Potatoes

Sauteed Okra

Rice Pilaf

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Bayshore

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Tossed Garden Salad

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.

Vegetable


Zesty Stewed Tomatoes

Accompaniments

Hush Puppies

Buttered Green Beans

Mashed Potatoes and Gravy

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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

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Brookdale Bayshore

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Egg Drop Mushroom Soup

Salad of the Day

Macaroni Salad

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.

Vegetable

Roasted Brussels Sprouts

Accompaniments

Anna Potatoes

Baked Cauliflower

Garden Blend Rice

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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

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Brookdale Bayshore

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Cheddar Beer Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.


Country Fried Steak

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

Seared Chicken with Fresh Pineapple, Ginger and Mint Salsa

Spice rubbed chicken breast served with fresh gingered pineapple mint salsa.

Vegetable

 Steamed Butternut Squash

Accompaniments

Wild Rice Blend

 Fresh Vegetable Blend

Parslied New Potatoes

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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Brookdale Bayshore

Friday, February 13, 2026

Featured Starters

Soup of the Day

Gumbo Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Grilled Salmon with White Beans and Spinach

Grilled salmon with mango salsa served over white beans and spinach.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.

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

Desserts

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

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

Seasonal Desserts

Ice Cream of the Month

Mint Chocolate Chip Ice
Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Salad

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

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Brookdale Bayshore

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Roast Pork Loin

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

Blackened Perch

Cajun seasoned perch cooked quickly in butter over high heat.

Vegetable

Roasted Broccoli

Accompaniments

Mashed Potatoes

 Steamed Chef's Vegetables

Wild Rice Blend

Desserts

Feature

French Silk Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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