

Main Meal

Brookdale Beckett Meadows

Sunday, February 8, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

 Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Beef Stew

Tender beef and vegetables in this homestyle classic.

- Always Available -

 Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Asparagus

Braised Red Cabbage with Blueberries

Mashed Potatoes and Gravy

Spinach Brown Rice

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

 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 Beckett Meadows

Monday, February 9, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

 Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

Shrimp Fajitas

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

- Always Available -

 Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Spinach with Chickpeas

 Steamed Carrots

Mashed Potatoes and Gravy

Borracho Beans

Desserts

Feature

Cherry Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Beckett Meadows

Tuesday, February 10, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

Polish Sausage

Polish sausage links simmered with onions and seasonings.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Green Beans

 Steamed Yellow Squash

Mashed Potatoes and Gravy

Oven Roasted Potatoes

Desserts

Feature

Chocolate Peanut Butter
Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Beckett Meadows
Wednesday, February 11, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Swiss Steak

Tender cube steak baked in a delicious tomato brown sauce.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Brussels Sprouts

 Steamed Corn

Mashed Potatoes and Gravy

Garden Blend Rice

Desserts

Feature

Banana Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Beckett Meadows
Thursday, February 12, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Mexican Stuffed Pepper

Baked bell pepper with seasoned beef and rice, topped with cheese.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Cabbage

 Steamed Zucchini

Mashed Potatoes and Gravy

 Black Beans

Desserts

Feature

Cookies and Cream
Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Beckett Meadows

Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

 **Tilapia with Cucumber and Melon Salsa**

Baked tilapia topped with a fresh cucumber melon salsa.

- Always Available -

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Carrots

 Steamed Asparagus

Mashed Potatoes and Gravy

 Mashed Sweet Potatoes

Desserts

Feature

Spumoni Ice Cream

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Beckett Meadows
Saturday, February 14, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Grilled Shrimp in Oregano and Lemon

Grilled shrimp seasoned in a garlic, lemon and oregano blend.

Roast Sirloin of Beef

Slow roasted beef sirloin served with au jus.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Mushrooms

 Steamed Italian Mix

Mashed Potatoes and Gravy

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Key Lime Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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