

Main Meal

Brookdale Ann Arbor
Sunday, February 8, 2026

Salad of the Day

Chopped Salad

Featured Entrees

Cornflake Chicken

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

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Cherry Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Lemon
Italian Ice

 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 Ann Arbor
Monday, February 9, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

Lemon Dijon Chicken

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

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Barley Pilaf

Desserts

Feature

Homemade Peach
Cobbler

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Ann Arbor
Tuesday, February 10, 2026

Salad of the Day

Classic Coleslaw

Featured Entrees

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

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

Hush Puppies

Oven Roasted Potatoes

Desserts

Feature

Pecan Pie

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Ann Arbor
Wednesday, February 11, 2026

Salad of the Day

Tangy Three Bean Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Grilled Strawberry Chicken

Grilled chicken breast with strawberry red wine balsamic sauce.

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Dutch Apple Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Ann Arbor
Thursday, February 12, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Chicken Cordon Bleu

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

Country Fried Steak

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

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Onion Rings

Creamy Baked Mashed Potatoes

Desserts

Feature

Boston Cream Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Ann Arbor
Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

 **Baked Sole with Lemon**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

Desserts

Feature

Ice Cream of the Day

Fruit

 Diced Pears

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Ann Arbor
Saturday, February 14, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Roast Pork Loin

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

- Always Available -

Baked Sole with Lemon

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Homestyle Chicken and Rice Casserole

Tender chicken thighs with sauteed vegetables and brown rice.

Accompaniments

Sauteed Vegetable Blend

Braised Red Cabbage

Steamed White Rice

Couscous

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Homemade Pumpkin
Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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