

Main Meal

Brookdale Meridian MC
Sunday, February 8, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy

Classic roasted turkey served with herb stuffing and turkey gravy.

- Always Available -

 **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Homestyle Bread Stuffing

Cream Style Corn

Desserts

Feature

Cherry Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Meridian MC
Monday, February 9, 2026

Starters

Greek Salad

Featured Entrees

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

- Always Available -

 **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Penne Pasta with Marinara Sauce

 Steamed Winter Mix

Desserts

Feature

Homemade Peach
Cobbler

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Meridian MC
Tuesday, February 10, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Chicken with Country Gravy**

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

- Always Available -

 **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Dirty Rice

Roasted Green Beans

Desserts

Feature

Strawberry Shortcake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Meridian MC
Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

- Always Available -

Herb Baked Breast of Chicken

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes and Gravy

Caramelized Carrots

Desserts

Feature

Coconut Cream Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Meridian MC

Thursday, February 12, 2026

Starters

Tomato and Cucumber Plate

Featured Entrees

Pub Battered Cod

Battered and fried fish fillet.

- Always Available -

 **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Tater Tots

 **Steamed Italian Mix**

Desserts

Feature

Caramel Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Meridian MC
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

- Always Available -

 Herb Baked Breast of Chicken

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Baked Beans

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Ice Cream with
Oreo Cookie Topping

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Meridian MC
Saturday, February 14, 2026

Starters

Italian Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

 **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

Chicken and Dumplings

Tender pieces of chicken in a rich gravy served with homemade dumplings.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Accompaniments

Old Fashioned Potato Salad

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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