

Main Meal

Brookdale Vista

Sunday, February 8, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

Midwestern Beef Stew

A combination of tender beef, carrots, celery, onions and potatoes.

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Corn O'Brien

Potatoes Roasted with Garlic

Desserts

Feature

Baked Custard Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Vista

Monday, February 9, 2026

Salad of the Day

Mixed Green 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.

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

 Steamed Spinach

Mashed Sweet Potatoes

Desserts

Feature

Homemade Bread
Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Vista

Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Baked Catfish**

Fillet of catfish baked in the oven and topped with a squeeze of lemon juice.

 **Veal Italiano**

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Shortcake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Vista

Wednesday, February 11, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pot Roast with Gravy

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

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Roasted Fall Vegetables

Roasted Red Skin Potatoes

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Vista

Thursday, February 12, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

Country Fried Steak

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

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

 Steamed Broccoli

 Baked Potato

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Vista

Friday, February 13, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

- Always Available -

 **Baked Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Sauteed Spinach with Mushrooms

Macaroni and Cheese

Desserts

Feature

Tiger Brownie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Vista

Saturday, February 14, 2026

Salad of the Day

Mixed Green 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 Whitefish with Lemon**

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

Turkey Sandwich

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

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Sauteed Zucchini with Peppers and
Onions

Mashed Potatoes

Desserts

Feature

Homemade Coconut
Meringue Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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