

Main Meal

Brookdale Bellevue AL/MC

Sunday, February 8, 2026

Starters

Marinated Tomato and Onion Salad

Featured Entrees

Chicken Cordon Bleu

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

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Rice Pilaf

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry Gelatin

 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 Bellevue AL/MC

Monday, February 9, 2026

Starters

Cucumber and Onion Salad

Featured Entrees

Lamb Goulash

Lamb simmered with vegetables, paprika and caraway seeds.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry Gelatin

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Main Meal

Brookdale Bellevue AL/MC
Tuesday, February 10, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Bourbon Chicken

Pan seared chicken breasts cooked in a sweet gingered bourbon sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

White Rice

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cake

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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Main Meal

Brookdale Bellevue AL/MC
Wednesday, February 11, 2026

Starters

Mixed Green Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Baked Potato

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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Main Meal

Brookdale Bellevue AL/MC
Thursday, February 12, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

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

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Mashed Potatoes and Gravy

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Boston Cream Pie
Cake

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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Main Meal

Brookdale Bellevue AL/MC

Friday, February 13, 2026

Starters

Cole Slaw

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

French Fried Potatoes

Classic Coleslaw

Desserts

Feature

Classic Tiramisu

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry Gelatin

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Main Meal

Brookdale Bellevue AL/MC
Saturday, February 14, 2026

Starters

Mixed Green Salad

Featured Entrees

Roast Sirloin of Beef

Slow roasted beef sirloin served with au jus.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

Egg Noodles

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

Sugar Free Cherry
Gelatin

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