

Main Meal

Brookdale South Charlotte
Sunday, February 8, 2026

Salad of the Day

Pickled Beets Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

Cream Style Corn

 Steamed Green Peas

 Baked Potato

Macaroni and Cheese

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

 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 South Charlotte
Monday, February 9, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Smothered Pork Chop with Peppers

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

Hawaiian Grilled Chicken Thighs

Chicken thighs marinated in brown sugar, soy sauce and coconut.

- Always Available -

⌚ Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

⌚ Grilled Vegetables

Buttered Succotash

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Herbed Potatoes

Fluffy White Rice

Desserts

Feature

Lemon Bars

Fruit

⌚ Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding



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Main Meal

Brookdale South Charlotte
Tuesday, February 10, 2026

Salad of the Day

Potato Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

Sautéed Green Beans

Lemon Butter Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

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Baked Beans

Candied Yams

Desserts

Feature

Lemon Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie



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Main Meal

Brookdale South Charlotte
Wednesday, February 11, 2026

Salad of the Day

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

Country Fried Steak

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

Crab Cake

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

- Always Available -

⌚ Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

Roasted Brussels Sprouts

Buttered Carrots

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Rice Pilaf

Garlic Roasted Red Skin Potatoes

Desserts

Feature

Cherry Pie

Fruit

⌚ Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry Pie



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Main Meal

Brookdale South Charlotte
Thursday, February 12, 2026

Salad of the Day

Broccoli Raisin Salad

Featured Entrees

⌚ **Grilled Breast of Chicken**
Marinated grilled breast of chicken.

Classic Meatloaf

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

- Always Available -

⌚ **Baked Whitefish with Lemon**
Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

Broccoli and Cheese

⌚ Grilled Asparagus

Mashed Potatoes and Gravy

⌚ Baked Sweet Potato

Desserts

Feature

Banana Cream Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale South Charlotte

Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Friday Fish Fry

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

- Always Available -

⌚ Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

Fried Okra

Classic Coleslaw

Hush Puppies

Classic French Fries

Desserts

Feature

Ice Cream of the Day

Fruit

⌚ Pineapple Chunks

Guiltless Pleasures

No Sugar Added Ice Cream of the Day

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Main Meal

Brookdale South Charlotte
Saturday, February 14, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

- Always Available -

Baked Whitefish with Lemon

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

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Egg Salad Sandwich on Croissant

Croissant filled with homemade egg salad and fresh lettuce.

Accompaniments

 Steamed Chef's Vegetables

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Sweet Potato Fries

Desserts

Feature

Lemon Meringue Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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