

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**

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Lemon Butter Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

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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