

Main Meal

Brookdale Carmel

Sunday, February 8, 2026

Starters

Beet Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

Baked Beans

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Apple
Pie

 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 Carmel

Monday, February 9, 2026

Starters

Beet Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

Herbed Potatoes

 Steamed Spinach

Desserts

Feature

Creamy Pudding

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added Apple Pie

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Main Meal

Brookdale Carmel

Tuesday, February 10, 2026

Starters

Beet Salad

Featured Entrees

BBQ Turkey Meatloaf

Seasoned turkey meatloaf served with BBQ sauce.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

Whipped Potatoes

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Apple Pie

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Main Meal

Brookdale Carmel

Wednesday, February 11, 2026

Starters

Beet Salad

Featured Entrees

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

 Baked Potato

 Steamed California Mix

Desserts

Feature

Apple Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Carmel

Thursday, February 12, 2026

Starters

Beet Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

Mashed Potatoes

Roasted Broccoli

Desserts

Feature

Lemon Cake

Fruit

 Diced Pears

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Carmel

Friday, February 13, 2026

Starters

Beet Salad

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

 Baked Sweet Potato

Sauteed Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Ice Cream

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

No Sugar Added Apple Pie

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Main Meal

Brookdale Carmel
Saturday, February 14, 2026

Starters

Beet Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 **Turkey Burger**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Ham and Cheese Sandwich

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

Accompaniments

Steak Fries

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Pie

Fruit

 Apple Slices

Guiltless Pleasures

No Sugar Added Apple
Pie

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