

## Main Meal

Brookdale Olympia East  
Sunday, February 8, 2026

### Salad of the Day

Bacon Ranch Pea Salad

### Featured Entrees

#### **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

#### **Savory Swiss Steak**

Classic round steak cooked in a rich tomato sauce.

#### - Always Available -

#### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

### Desserts

#### Feature

Buttermilk Pie

#### Fruit

 Fresh Melon Cup

#### Guiltless Pleasures

Reduced Sugar Basic  
Custard

 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 Olympia East  
Monday, February 9, 2026

### Salad of the Day

Fresh Vegetable 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 -**

#### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### Accompaniments

 **Steamed Spinach**

**Baked Acorn Squash**

Item can be prepared as an  Optimum Life Cuisine Option

**Herbed Potatoes**

 **Stir Fried Barley**

### Desserts

#### Feature

**Lemon Bars**

#### Fruit

 **Chilled Pears**

#### Guiltless Pleasures

**Sugar Free Lemon  
Cookie**

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## Main Meal

Brookdale Olympia East  
Tuesday, February 10, 2026

### **Salad of the Day**

Mixed Green Salad

### **Featured Entrees**

#### **Ⓐ Pecan Crusted Catfish**

Flaky white catfish lightly coated with a pecan crust and oven baked.

#### **Ⓐ Veal Italiano**

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

#### **- Always Available -**

#### **Ⓐ Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

Sauteed Zucchini

Buttered Green Beans

Item can be prepared as an Ⓜ Optimum Life Cuisine Option

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Hush Puppies

Oven Roasted Potatoes

### **Desserts**

#### **Feature**

Tiramisu Poke Cake

#### **Fruit**

Ⓐ Fresh Apple Slices

#### **Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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## Main Meal

Brookdale Olympia East  
Wednesday, February 11, 2026

### **Salad of the Day**

Vegetable Crudites with Cheese Plate

### **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 -**

#### **∅ Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

### **Desserts**

#### **Feature**

Cherry Pie

#### **Fruit**

∅ Chilled Peaches

#### **Guiltless Pleasures**

Reduced Sugar Cherry Pie



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## Main Meal

Brookdale Olympia East  
Thursday, February 12, 2026

### **Salad of the Day**

Marinated Artichoke Salad

### **Featured Entrees**

#### **Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

#### **Country Fried Steak**

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

#### **- Always Available -**

##### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

##### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

##### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### **Accompaniments**

 Steamed Butternut Squash

 Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

### **Desserts**

#### Feature

Banana Foster Cake

#### Fruit

 Fresh Fruit Bowl

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Banana Layer  
Cake



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## Main Meal

Brookdale Olympia East  
Friday, February 13, 2026

### Salad of the Day

#### Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Entrees

#### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

#### Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

#### - Always Available -

#### Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

#### Tavern Battered Cod

Battered cod flash fried to a golden brown.

### Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

### Desserts

#### Feature

Pecan Praline Ice  
Cream

#### Fruit

 Fresh Diced Pears and  
Apples

#### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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## Main Meal

Brookdale Olympia East  
Saturday, February 14, 2026

## Salad of the Day

Greek Salad

## Featured Entrees

### **Turkey Fillet with Peppercorn Sauce**

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### **Roast Pork Loin**

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

### **- Always Available -**

#### **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

## Desserts

### Feature

French Silk Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie



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