

Main Meal

Brookdale Dover  
Sunday, February 8, 2026

## Salad of the Day

Beet Salad

## Featured Entrees

### **Cornflake Chicken**

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

### **Salisbury Steak**

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

## - Always Available -

### **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### **3 Meat Pizza**

Oven baked personal size pizza topped with pepperoni, ham and bacon.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

## Accompaniments

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

## Desserts

### Feature

Cherry 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 Dover  
Monday, February 9, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Roast Turkey

Perfectly seasoned slow roasted turkey.

### BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

## - Always Available -

### Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### 3 Meat Pizza

Oven baked personal size pizza topped with pepperoni, ham and bacon.

### Chicken Tenders

Golden baked breaded chicken tenders.

## Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 Baked Potato

## Desserts

### Feature

Creamy Pudding

### Fruit

 Chilled Pears

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Dover

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**3 Meat Pizza**

Oven baked personal size pizza topped with pepperoni, ham and bacon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Accompaniments**

Sauteed Spinach and Onions

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Oven Roasted Potatoes

**Desserts**

**Feature**

Carrot Cake

**Fruit**

 Fresh Apple Slices

**Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Dover

Wednesday, February 11, 2026

**Salad of the Day**

Tomato and Cucumber Salad

**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 -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**3 Meat Pizza**

Oven baked personal size pizza topped with pepperoni, ham and bacon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Accompaniments**

Roasted Broccoli

Baked Cauliflower

Anna Potatoes

Egg Noodles

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Dover

Thursday, February 12, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Chicken Thighs Parmesan**

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

**Hamburger Stroganoff**

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**3 Meat Pizza**

Oven baked personal size pizza topped with pepperoni, ham and bacon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Accompaniments**

 Steamed Cabbage

 Fresh Vegetable Blend

Parslied New Potatoes

 Whole Wheat Pasta

**Desserts**

**Feature**

Pound Cake

**Fruit**

 Fresh Fruit Bowl

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana Layer  
Cake

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Main Meal

Brookdale Dover  
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.

**Fried Fish and Clam Plate**

Breaded clam strips and fish deep fried to golden brown.

### - Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**3 Meat Pizza**

Oven baked personal size pizza topped with pepperoni, ham and bacon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## Accompaniments

 Steamed Chef's Mixed Vegetables

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Oven Roasted Potatoes

 Baked Sweet Potato

## Desserts

### Feature

Ice Cream of the Day

### Fruit

 Fresh Diced Pears and Apples

### Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Dover  
Saturday, February 14, 2026

## Salad of the Day

Chopped Salad

## Featured Entrees

### Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### Veal Patty

Oven baked seasoned ground veal patty.

## - Always Available -

### Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### 3 Meat Pizza

Oven baked personal size pizza topped with pepperoni, ham and bacon.

### Chicken Tenders

Golden baked breaded chicken tenders.

## Accompaniments

Scalloped Broccoli

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Couscous

## Desserts

### Feature

Coconut Cream Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie

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