

Main Meal

Brookdale Tramway Ridge

Sunday, February 8, 2026

Salad of the Day

Bold Winter Greens Salad

Featured Entrees

 Turkey Meatloaf

A blend of turkey and seasonings for a healthy version of an old favorite.

Friday Fish Fry

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

- Always Available -

 Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

Creole Style Green Beans

 Steamed Carrots

Mashed Potatoes and Gravy

Scalloped Potatoes

Desserts

Feature

Blueberry 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 Tramway Ridge

Monday, February 9, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Chili Verde Pork

A Mexican dish of pork loin simmered with tomatillo and peppers.

Stir Fried Chicken with Chinese Cabbage

Chicken breast stir fried with napa cabbage and water chestnuts.

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

 Grilled Vegetables

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Spanish Rice with Bacon

Barley Pilaf

Desserts

Feature

Pumpkin Cheesecake

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Tramway Ridge
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.

Traditional Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

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 Tramway Ridge
Wednesday, February 11, 2026

Salad of the Day

Tossed Garden 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 -

Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

Stir-Fried Carrots

Baked Cauliflower

 Roasted Rosemary Potatoes

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Banana Cream Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Tramway Ridge
Thursday, February 12, 2026

Salad of the Day

Tomato and Onion Salad

Featured Entrees

Chicken Romano

Seared chicken breast with a Romano cheese crust and mushrooms.

Country Fried Steak

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

- Always Available -

Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

 Balsamic Grilled Vegetables

 Fresh Vegetable Blend

Scalloped Potatoes

Creamy Baked Mashed Potatoes

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana Layer
Cake



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Main Meal

Brookdale Tramway Ridge

Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Friday Fish Fry

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

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

 Catch of the Day

Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

Soy Ginger Sauteed Bell Peppers

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Blend

 Baked Sweet Potato

Desserts

Feature

Baked Peach Cobbler

Fruit

 Fresh Diced Pears and Apples

Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Tramway Ridge
Saturday, February 14, 2026

Salad of the Day

Greek Salad

Featured Entrees

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

Roast Pork Loin

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

- Always Available -

 **Catch of the Day**
Ask your server about today's healthy baked fish.

Country Fried Steak

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

Turkey and Cheese Croissant Sandwich

Sliced turkey with cheese, lettuce & tomato on a croissant.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Couscous

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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We invite you to share your comments with your Dining Leaders.

