

Main Meal

Brookdale Westover Hills  
Sunday, February 8, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Roast Sirloin of Beef with Gravy**

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

### **Chicken Fried Steak with Gravy**

Hand breaded cube steak fried golden brown and served with chicken gravy.

### **- Always Available -**

#### **Baked Chicken**

Lightly seasoned oven baked chicken breast.

#### **Pizza with Pepperoni, Onions and Peppers**

Thin crust pizza topped with onions and peppers.

#### **Pulled Pork Sandwich**

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## **Accompaniments**

Fried Okra

 Steamed Carrots

 Baked Potato

White Rice

## **Desserts**

### **Feature**

Blueberry Cobbler

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added  
Huckleberry Heaven Ice  
Cream

 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 Westover Hills  
Monday, February 9, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Barbecue Spareribs**

Pork spareribs, smothered in barbecue sauce and cooked until tender.

### **Crab Cake**

A fried cake of crabmeat, bread crumbs, onion and chiles.

### **- Always Available -**

#### **Baked Chicken**

Lightly seasoned oven baked chicken breast.

#### **Pizza with Pepperoni, Onions and Peppers**

Thin crust pizza topped with onions and peppers.

#### **Pulled Pork Sandwich**

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## **Accompaniments**

 Steamed Bok Choy

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Boston Baked Beans

## **Desserts**

### **Feature**

Brownie a La Mode

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Westover Hills  
Tuesday, February 10, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

### Black Eyed Peas and Sausage

Seasoned black eyed peas with smoked sausage.

### - Always Available -

### Baked Chicken

Lightly seasoned oven baked chicken breast.

### Pizza with Pepperoni, Onions and Peppers

Thin crust pizza topped with onions and peppers.

### Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## Accompaniments

Soy Ginger Sauteed Cauliflower

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

Oven Roasted Potatoes

## Desserts

### Feature

Peach Upside Down  
Cake

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Westover Hills  
Wednesday, February 11, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Korean Bulgogi**

Beef strips marinated in garlic, ginger and sesame oil, then cooked.

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Pizza with Pepperoni, Onions and Peppers**

Thin crust pizza topped with onions and peppers.

**Pulled Pork Sandwich**

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

**Accompaniments**

Broccoli and Cauliflower Au Gratin

Baked Cauliflower

 Black Beans

Navy Beans

**Desserts**

**Feature**

Cheesecake with Cherry  
Topping

**Fruit**

 Fresh Fruit Bowl

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Westover Hills  
Thursday, February 12, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Coconut Shrimp**

Golden brown coconut breaded baked shrimp.

### **Country Fried Steak**

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

### **- Always Available -**

#### **Baked Chicken**

Lightly seasoned oven baked chicken breast.

#### **Pizza with Pepperoni, Onions and Peppers**

Thin crust pizza topped with onions and peppers.

#### **Pulled Pork Sandwich**

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## **Accompaniments**

 Peas with Red Peppers

 Fresh Vegetable Blend

Parslied New Potatoes

Whipped Sweet Potatoes

## **Desserts**

### **Feature**

Banana Foster Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Westover Hills  
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.

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

### - Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Pizza with Pepperoni, Onions and Peppers

Thin crust pizza topped with onions and peppers.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

French Fried Potatoes

French Fried Potatoes

## Desserts

### Feature

Pecan Praline Ice  
Cream

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Westover Hills  
Saturday, February 14, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Turkey Divan**

Sliced turkey breast and broccoli covered in a rich cream sauce.

### **Roast Pork Loin**

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

### **- Always Available -**

#### **Baked Chicken**

Lightly seasoned oven baked chicken breast.

#### **Pizza with Pepperoni, Onions and Peppers**

Thin crust pizza topped with onions and peppers.

#### **Pulled Pork Sandwich**

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

## **Accompaniments**

Sauteed Vegetable Blend

Braised Red Cabbage

Mashed Potatoes

Cilantro Rice

## **Desserts**

### **Feature**

Coconut Cream Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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