

Main Meal

Brookdale Hockessin  
Sunday, February 8, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Herb Roasted Chicken

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

### Traditional Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

### - Always Available -

### Baked Cod with Olives and Limes

Fillet of cod baked with limes, olives, capers and rosemary.

### Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

## Desserts

### Feature

Apple Pie

### Fruit

 Fresh Melon Cup

### Guiltless Pleasures

No Sugar Added Vanilla  
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 Hockessin  
Monday, February 9, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

### Turkey Meatloaf with Feta and Sun Dried Tomatoes

A savory meatloaf of turkey, feta cheese and sundried tomatoes.

### - Always Available -

#### Baked Cod with Olives and Limes

Fillet of cod baked with limes, olives, capers and rosemary.

### Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

 Steamed Collard Greens

Braised Lima Beans

Herbed Potatoes

Parmesan Polenta

## Desserts

### Feature

Rice Pudding

### Fruit

 Chilled Pears

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Hockessin

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Barbecue Chicken Quarters**

Seasoned chicken quarters grilled with an apple barbecue sauce.

**Teriyaki Spare Ribs**

Pork spare ribs basted with teriyaki glaze and slow cooked until tender.

**- Always Available -**

 **Baked Cod with Olives and Limes**

Fillet of cod baked with limes, olives, capers and rosemary.

**Honey Mustard Glazed Chicken Thighs**

Baked boneless chicken thighs with a honey and mustard glaze.

**BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

**Accompaniments**

Sauteed Yellow Squash

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**

Spice Cake

**Fruit**

 Fresh Apple Slices

**Guiltless Pleasures**

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Hockessin  
Wednesday, February 11, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### **Meat Loaf with Sun Dried Tomato Gravy**

Ground sirloin with Italian seasonings and a sun dried tomato sauce.

### **Herb Marinated Breast of Chicken**

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

### - Always Available -

### **Baked Cod with Olives and Limes**

Fillet of cod baked with limes, olives, capers and rosemary.

### **Honey Mustard Glazed Chicken Thighs**

Baked boneless chicken thighs with a honey and mustard glaze.

### **BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

## Desserts

### Feature

Blueberry Streusel Pie

### Fruit

 Chilled Peaches

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Hockessin  
Thursday, February 12, 2026

## Salad of the Day

Mixed Green 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 -

### Baked Cod with Olives and Limes

Fillet of cod baked with limes, olives, capers and rosemary.

### Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

## Desserts

### Feature

Apple Cake

### Fruit

 Fresh Fruit Bowl

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Hockessin  
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 -**

 **Baked Cod with Olives and Limes**

Fillet of cod baked with limes, olives, capers and rosemary.

**Honey Mustard Glazed Chicken Thighs**

Baked boneless chicken thighs with a honey and mustard glaze.

**BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

**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 Hockessin  
Saturday, February 14, 2026

## Salad of the Day

Mixed Green 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 -

### Baked Cod with Olives and Limes

Fillet of cod baked with limes, olives, capers and rosemary.

### Honey Mustard Glazed Chicken Thighs

Baked boneless chicken thighs with a honey and mustard glaze.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

## Desserts

### Feature

French Silk Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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