

Main Meal

Brookdale Wilton

Sunday, February 8, 2026

**Salad of the Day**

Chopped 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 -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

**Desserts**

**Feature**

Apple Pie

**Fruit**

 Chilled Pears

**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 Wilton

Monday, February 9, 2026

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

**Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

**Lemon Dijon Chicken**

Marinated breast of chicken served with a lemon Dijon mustard sauce.

**- Always Available -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

 Steamed Spinach

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Barley Pilaf

**Desserts**

**Feature**

Lemon Bars

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Wilton

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Orange Seared Salmon**

Seared fillet of salmon served with a soy orange glaze.

**BBQ Ribs**

Seasoned ribs basted with barbecue sauce and roasted until tender.

**- Always Available -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Grits

Oven Roasted Potatoes

**Desserts**

**Feature**

Tiramisu Cake

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Wilton

Wednesday, February 11, 2026

**Salad of the Day**

Caesar 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 -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

Roasted Brussels Sprouts

Baked Cauliflower

 Baked Potato

Couscous with Herbs

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Pudding

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Main Meal

Brookdale Wilton

Thursday, February 12, 2026

**Salad of the Day**

Chopped Salad

**Featured Entrees**

**Chicken Piccata**

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

**Braised Beef with Mushrooms**

Tender beef and mushroom slow cooked in a flavorful wine sauce.

**- Always Available -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

 Steamed Butternut Squash

 Fresh Vegetable Blend

Buttered Noodles

Mashed Potatoes

**Desserts**

**Feature**

Banana Cream Cake

**Fruit**

 Fruit Cocktail

**Guiltless Pleasures**

Reduced Sugar  
Strawberry Mousse

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Main Meal

Brookdale Wilton

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 -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

Sauteed Fresh Vegetable Blend

Buttered Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

**Desserts**

**Feature**

Ice Cream of the Day

**Fruit**

 Tropical Fruit

**Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Wilton

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 -**

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

**Cheese Ravioli with Meat Sauce**

Tender cheese filled ravioli served with homemade meat sauce.

**Accompaniments**

Sauteed Vegetable Blend

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Homestyle Bread Stuffing

**Desserts**

**Feature**

Chocolate Peanut Butter  
Pie

**Fruit**

 Tropical Fruit

**Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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