

Main Meal

Brookdale Union Hills
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Cornbread Stuffing

Cauliflower Polonaise

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple 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 Union Hills
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers
Pork medallions with Grand Marnier demi glace.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Herbed Potatoes

 **Steamed Spinach**

Desserts

Feature

Lemon Pudding

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Union Hills
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Baked Tilapia**

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Lemon Couscous

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Union Hills
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Boiled Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Chocolate Cream Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Union Hills
Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Crab Cake

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

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Parslied New Potatoes

 Steamed California Mix

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Union Hills
Friday, February 13, 2026

Starters

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.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Cranberry Rice Pilaf

Zesty Stewed Tomatoes

Desserts

Feature

Vanilla Ice Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Union Hills
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Sunshine Chicken

Baked breast of chicken marinated in citrus, fresh ginger and soy sauce.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Noodles Romanoff

Roasted Broccoli

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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