

Main Meal

Brookdale Memorial Oaks
Sunday, February 8, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

Hungarian Goulash

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

 Roasted Zucchini and Pesto

White Rice

Roasted Red Skin Potatoes

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

 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 Memorial Oaks

Monday, February 9, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Pan Seared Pollock

Pollock fillet lightly seasoned and pan seared.

- Always Available -

 **Curried Chicken Tenders**

Tender pieces of chicken marinated in a curried yogurt sauce.

 **Oven Fried Catfish**

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 **Steamed Carrots**

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Homestyle Bread Stuffing

Desserts

Feature

Carrot Cake Shooter

Fruit

 Chilled Peaches

Guiltless Pleasures

Sugar Free Orange Gelatin

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Main Meal

Brookdale Memorial Oaks
Tuesday, February 10, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Marsala Chicken

Chicken breast simmered in a mushroom and marsala wine sauce.

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

Buttered Okra

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Mashed Potatoes and Gravy

Desserts

Feature

Angel Food Cake

Fruit

 Diced Pears

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Memorial Oaks
Wednesday, February 11, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Liver and Onions

Beef liver smothered in sauteed onions and baked in the oven.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

Braised Cabbage

White Rice

Dirty Rice

Desserts

Feature

Blueberry Cobbler

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Memorial Oaks
Thursday, February 12, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Blackened Tilapia

Cajun seasoned tilapia cooked quickly in butter over high heat.

Country Fried Steak

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

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

Roasted Cauliflower

White Rice

 Baked Potato

Desserts

Feature

Frosted Red Velvet
Cake

Fruit

 Fruit Cocktail

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Memorial Oaks

Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Prime Rib

Slow roasted seasoned rib roast served with natural juices.

Coconut Shrimp

Golden brown coconut breaded baked shrimp.

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

Fried Okra

White Rice

Potato Pancakes

Desserts

Feature

Double Chocolate Cake
Shooter

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Memorial Oaks
Saturday, February 14, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Roast Pork Loin

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

- Always Available -

Curried Chicken Tenders

Tender pieces of chicken marinated in a curried yogurt sauce.

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Accompaniments

 Steamed Carrots

Italian Style Italian Blend

White Rice

 Brown Rice Pilaf with Herbs

Desserts

Feature

Honey Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Reduced Sugar Peanut
Butter Cookie

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