

Main Meal

Brookdale Fort Myers Cypress Lake

Sunday, February 8, 2026

## **Salad of the Day**

Bacon Ranch Pea 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 -**

### **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

### **Dijon Chicken Sandwich**

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

## **Desserts**

### **Feature**

Buttermilk 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 Fort Myers Cypress Lake

Monday, February 9, 2026

## **Salad of the Day**

Fresh Vegetable 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 -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

 **Dijon Chicken Sandwich**

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

 **Steamed Spinach**

**Baked Acorn 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 Fort Myers Cypress Lake

Tuesday, February 10, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

### Veal Italiano

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

### **- Always Available -**

### Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

### Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **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

Hush Puppies

Oven Roasted Potatoes

## **Desserts**

### **Feature**

Tiramisu Poke Cake

### **Fruit**

 Fresh Apple Slices

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Fort Myers Cypress Lake

Wednesday, February 11, 2026

## **Salad of the Day**

Vegetable Crudites with Cheese Plate

## **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 -**

### **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

### **Dijon Chicken Sandwich**

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Fingerling Potatoes with Fresh Herbs

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale Fort Myers Cypress Lake

Thursday, February 12, 2026

## **Salad of the Day**

Marinated Artichoke 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 -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

 **Dijon Chicken Sandwich**

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

 Steamed Butternut Squash

 Fresh Vegetable Blend

Parslied New Potatoes

Creamy Baked Mashed Potatoes

## **Desserts**

### **Feature**

Banana Foster Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana Layer  
Cake

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Main Meal

Brookdale Fort Myers Cypress Lake

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 -**

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

 Dijon Chicken Sandwich

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

**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 Fort Myers Cypress Lake

Saturday, February 14, 2026

## **Salad of the Day**

Greek 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 -**

#### **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

#### **Dijon Chicken Sandwich**

Chicken breast served on a bun with lettuce, tomato, onion & Dijon mustard.

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Couscous

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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