

## 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

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

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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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