

Main Meal

Brookdale Port Orange
Sunday, February 8, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Orange Glazed Chicken Thighs

Bone-in chicken thighs baked with a tangy orange glaze.

- Always Available -

Vegetarian Lentil Curry

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate


A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Fruit of the Forest Pie

Fruit

Tropical Fruit Cup

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 Port Orange
Monday, February 9, 2026

Starters

Tomato and Cucumber Salad

Featured Entrees

Roast Pork Loin

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

- Always Available -

Vegetarian Lentil Curry

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Oven Roasted Potatoes

 Steamed Spinach

Desserts

Feature

Yellow Cupcake with
Buttercream Frosting

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Port Orange
Tuesday, February 10, 2026

Starters

Potato Salad

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Vegetarian Lentil Curry**

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Scalloped Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Port Orange
Wednesday, February 11, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Italian Meatloaf

Meatloaf seasoned with garlic and basil and baked in a tomato sauce.

- Always Available -

Vegetarian Lentil Curry

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Brussels Sprouts

Desserts

Feature

Chocolate Cream Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Port Orange
Thursday, February 12, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

- Always Available -

Vegetarian Lentil Curry

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Banana Cream Cake

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Port Orange
Friday, February 13, 2026

Starters

Tomato and Onion Salad

Featured Entrees

Roast Pork Loin

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

- Always Available -

 **Vegetarian Lentil Curry**

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

Mashed Potatoes and Gravy

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Crisp

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Port Orange
Saturday, February 14, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Turkey Divan

Sliced turkey breast and broccoli covered in a rich cream sauce.

- Always Available -

 Vegetarian Lentil Curry

Curry and ginger seasoned lentils.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Ham and Cheese Sandwich

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

Accompaniments

White Rice

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Fruit of the Forest Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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