

Main Meal

Brookdale East Broad  
Sunday, February 8, 2026

## **Starters**

Bacon Ranch Pea Salad

## **Featured Entrees**

 Turkey Meatloaf

A blend of turkey and seasonings for a healthy version of an old favorite.

### **- Always Available -**

 Pepper Steak

Tender strips of beef sauteed with tomatoes, onions and green peppers.

### **Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

### **Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

Mashed Potatoes and Gravy

### **Buttered Corn**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Cherry Cobbler

### **Fruit**

 Fresh Melon Cup

### **Guiltless Pleasures**

No Sugar Added  
Cherry Pie

 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 East Broad  
Monday, February 9, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Veal Patty**

Oven baked seasoned ground veal patty.

### **- Always Available -**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

**Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

Egg Noodles

Caramelized Carrots

## **Desserts**

**Feature**

Lemon Bars

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Mini Reduced Sugar  
Key Lime Pie

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Main Meal

Brookdale East Broad  
Tuesday, February 10, 2026

## **Starters**

Caesar Salad

## **Featured Entrees**

**Braised Beef Brisket**

Beef brisket braised until tender.

### **- Always Available -**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

**Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

Macaroni and Cheese

**Sauteed Zucchini**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Pound Cake

**Fruit**

 Fresh Apple Slices

**Guiltless Pleasures**

No Sugar Added Pound  
Cake

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Main Meal

Brookdale East Broad  
Wednesday, February 11, 2026

## **Starters**

Triple Bean Salad

## **Featured Entrees**

**Cube Steak with Mushroom Sherry Sauce**  
Cube steak simmered in a creamy mushroom gravy.

### **- Always Available -**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

**Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

White Rice

Chef's Southern Style Greens

## **Desserts**

### **Feature**

Apple Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

No Sugar Added Apple  
Pie

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Main Meal

Brookdale East Broad  
Thursday, February 12, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Fried Shrimp**

Breaded shrimp flash fried until light golden brown.

### **- Always Available -**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

**Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

Classic French Fries

Classic Coleslaw

## **Desserts**

### **Feature**

Chocolate Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cake

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Main Meal

Brookdale East Broad  
Friday, February 13, 2026

## **Starters**

Pickled Beets Salad

## **Featured Entrees**

### **BBQ Pulled Pork**

Slow cooked pork, shredded and served in BBQ sauce.

### **- Always Available -**

#### **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

### **Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

### **Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

Baked Beans

Broccoli, Bacon and Onion Salad

## **Desserts**

### **Feature**

Ice Cream of the Day

### **Fruit**

 Fresh Diced Pears  
and Apples

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale East Broad  
Saturday, February 14, 2026

## **Starters**

Tomato Parmesan Salad

## **Featured Entrees**

**Chicken Tenders**

Golden baked breaded chicken tenders.

### **- Always Available -**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**Classic Cheese Lasagna**

Layers of tender pasta baked with marinara sauce and 3 cheeses.

**Chicken Pot Pie**

Tender chicken and vegetables in gravy baked with a pastry crust.

## **Accompaniments**

 Baked Potato

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

 Peach Cobbler

**Fruit**

 Tropical Fruit

**Guiltless Pleasures**

No Sugar Added Peach  
Cobbler

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