

Main Meal

Brookdale West Melbourne AL

Sunday, February 8, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Barbecue Chicken**

Chicken quarters grilled and basted with homemade barbecue sauce.

**- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Macaroni and Cheese

**Buttered Chef's Mixed Vegetables**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Custard Pie

**Fruit**

Chilled Applesauce

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

 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 West Melbourne AL

Monday, February 9, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Smothered Pork Chop with Peppers**

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

### **- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Garlic Mashed Potatoes

 Steamed Spinach

## **Desserts**

### **Feature**

Lemon Gelatin

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Tuesday, February 10, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

 **Breaded Flounder Fillets**

Cornmeal breaded flounder fillet baked to perfection.

**- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

### **Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

O'Brien Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Tiramisu Poke Cake

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale West Melbourne AL  
Wednesday, February 11, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Pot Roast with Gravy**

Beef roast slow cooked until tender, served with a rich gravy.

### **- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

 Baked Potato

Roasted Brussels Sprouts

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Thursday, February 12, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Herb Roasted Chicken**

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

### **- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Wild Rice Pilaf With Cranberries

 Peas with Pimento

## **Desserts**

### **Feature**

Banana Cream Cake

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale West Melbourne AL

Friday, February 13, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

### **- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Warm Potato Salad

**Sauteed California Mix**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Ice Cream of the Day

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale West Melbourne AL  
Saturday, February 14, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

Turkey Divan

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

### **- Always Available -**

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Buttered Noodles

 Steamed Broccoli

## **Desserts**

### **Feature**

Chocolate Cream Pie

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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