

Main Meal

Brookdale Alderwood
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

- Always Available -

⌚ Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Pasta of the Day

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Corn O'Brien

Desserts

Feature

Cherry 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 Alderwood
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

- Always Available -

⌚ Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Cornbread Stuffing

Glazed Carrots

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Desserts

Feature

Creamy Pudding

Fruit

⌚ Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Alderwood
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Candied Yams

Roasted Vegetables

Desserts

Feature

Spice Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Alderwood
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

⌚ Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Whipped Potatoes

Roasted Broccoli

Desserts

Feature

Mini Butterscotch Pie

Fruit

⌚ Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Alderwood
Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

⌚ Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

White Rice

⌚ Steamed Brussels Sprouts

Desserts

Feature

Coconut Cake

Fruit

⌚ Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake



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Main Meal

Brookdale Alderwood
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Roasted Garlic Mashed Potatoes

Sauteed Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Orange Sherbet

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Alderwood
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Soy Ginger Chicken

Diced chicken breast baked in a soy, ginger, and green chile sauce.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

White Rice

 Steamed Chef's Vegetables

Desserts

Feature

Apple Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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