

Main Meal

Brookdale Charlotte East
Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Potato Wedges

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Melon Cup

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East
Sunday, February 8, 2026

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

 Beet Salad

Featured Entrees

Italian Roasted Chicken

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Baked Lasagna

Classic three cheese and beef lasagna.

Vegetable

 Steamed Green Beans

 Steamed Carrots

Accompaniments

Parmesan Noodles

Mashed Potatoes

Desserts

Feature

Buttermilk Pie

Feature

Frosted German
Chocolate Cake

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 Charlotte East
Monday, February 9, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Boiled Potatoes with Dill

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East
Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Cucumber Dill Salad

Featured Entrees

BBQ Ribs

Seasoned ribs basted with barbecue sauce and roasted until tender.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

Bavarian Beef

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

Vegetable

 Steamed Spinach

Accompaniments

Herbed Potatoes

Sauteed Collard Greens

Barley Pilaf

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Feature

Spice Cake

Guiltless Pleasures

Sugar Free Lemon
Cookie

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We invite you to share your comments with your Dining Leaders.

Main Meal

Brookdale Charlotte East

Tuesday, February 10, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Candied Yams

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Apple Slices

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Charlotte East

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed Green Salad

Featured Entrees

Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

Veal Italiano

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

Roasted Boneless Turkey Breast

Lightly seasoned oven roasted turkey breast.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Herb Stuffing

Oven Roasted Potatoes

Desserts

Feature

Tiramisu Poke Cake

Feature

Pineapple Cake

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

 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 Charlotte East

Wednesday, February 11, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Northern Beans

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Peaches

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Baked French Onion Soup

Salad of the Day

Tossed Garden Salad

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.

Pork Chops in Wine Sauce

Boneless pork chops simmered in a light white wine sauce.

Vegetable

Roasted Brussels Sprouts

Baked Cauliflower

Accompaniments

Anna Potatoes

Dirty Rice

Desserts

Feature

Cherry Pie

Feature

Orange Sorbet

Guiltless Pleasures

Reduced Sugar Cherry Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Brookdale Charlotte East

Thursday, February 12, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Bowl

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Broccoli Soup

Salad of the Day

Garden Slaw

Featured Entrees

 **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Vegetable

 Steamed Butternut Squash

 Fresh Vegetable Blend

Accompaniments

Parmesan Noodles

Creamy Baked Mashed Potatoes

Desserts

Feature

Banana Foster Cake

Feature

Strawberry Cake

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

 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 Charlotte East
Friday, February 13, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Curry Roasted Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Diced Pears and Apples

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East
Friday, February 13, 2026

Featured Starters

Soup of the Day

Minestrone Soup

Salad of the Day

Tossed Garden Salad

Featured Entrees

Christmas Ham

Premium ham oven baked with a sweet pineapple glaze.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Italian Lasagna

Classic meat lasagna with ricotta cheese, ground beef and tomato basil sauce.

Vegetable

Sauteed Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Northern Beans

Au Gratin Potatoes

Desserts

Feature

Pecan Praline Ice Cream

Feature

Key Lime Pie

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 Charlotte East

Saturday, February 14, 2026

Seasonal Starters

Soup of the Season

Vegetable Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniment

Lemon Risotto

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.



Brookdale Charlotte East

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Cream of Potato Soup

Salad of the Day

Greek Salad

Featured Entrees

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Roast Prime Rib

Seasoned rib roast slow roasted and served with natural juices.

Blackened Perch

Cajun seasoned perch cooked quickly in butter over high heat.

Vegetable

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Garden Blend Rice

 Baked Potato

Desserts

Feature

French Silk Pie

Feature

Strawberry Cream Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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We invite you to share your comments with your Dining Leaders.