

Main Meal

Brookdale Vancouver Stonebridge

Sunday, February 8, 2026

Starters

Tossed Green Salad

Featured Entrees

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Parmesan Noodles

Cream Style Corn

Desserts

Feature

Mini Chocolate Cream
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 Vancouver Stonebridge

Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Herbed Potatoes

 Steamed Spinach

Desserts

Feature

Grape Gelatin

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Vancouver Stonebridge

Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

- Always Available -

 Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy 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

Lemon Rice

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

White Texas Sheet
Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Vancouver Stonebridge

Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Garlic Whipped Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Vancouver Stonebridge

Thursday, February 12, 2026

Starters

Tomato and Onion Salad

Featured Entrees

Chicken Thighs with Mushroom Sauce

Sauteed lightly breaded chicken served with a light mushroom sauce.

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Quinoa with Mushrooms and Herbs

 **Steamed Butternut Squash**

Desserts

Feature

Banana Cream Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Vancouver Stonebridge

Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Northern Beans

Zesty Stewed Tomatoes

Desserts

Feature

Chocolate Chip Cookie
Dough Ice Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Vancouver Stonebridge

Saturday, February 14, 2026

Starters

Cucumber Slices

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

- Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy 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

Mashed Potatoes

Scalloped Broccoli

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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