

Main Meal

Brookdale Midland AL
Sunday, February 8, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Pinto Beans

Desserts

Feature

Eclair

Fruit

 Fresh Melon Cup

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 Midland AL
Monday, February 9, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Shrimp Fajitas

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

⌚ Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

⌚ Steamed Spinach

Stewed Tomatoes

Mexican Rice

Creamy Macaroni Salad

Desserts

Feature

Banana Pudding

Fruit

⌚ Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midland AL
Tuesday, February 10, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

Baked Ham & Beans

Baked ham served with seasoned navy beans.

- Always Available -

⌚ Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Italian Style Yellow Squash

Buttered Green Beans

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Cornbread Stuffing

Oven Roasted Potatoes

Desserts

Feature

Mini Chocolate Orange
Cake

Fruit

⌚ Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day



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Brookdale Midland AL
Wednesday, February 11, 2026

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.

- Always Available -

⌚ Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

Desserts

Feature

Cherry Pie

Fruit

⌚ Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midland AL
Thursday, February 12, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

Country Fried Steak

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

- Always Available -

⌚ Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

⌚ Steamed Butternut Squash

⌚ Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

⌚ Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midland AL
Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day



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Main Meal

Brookdale Midland AL
Saturday, February 14, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

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

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

⌚ Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Turkey Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

French Silk Pie

Fruit

⌚ Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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