

Main Meal

Brookdale North Fremont
Sunday, February 8, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Shrimp Fajitas

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

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Creamed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Bowl

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 North Fremont
Monday, February 9, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

Sweet & Spicy Salmon

Salmon fillet baked in a honey and garlic chili sauce

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Desserts

Feature

Raspberry Lime Jell-O
Shooter

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Sugar Free Lemon
Cookie

 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 North Fremont
Tuesday, February 10, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Sweet Potato Tots

Desserts

Feature

Pound Cake

Fruit

 Fresh Fruit Bowl

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 North Fremont
Wednesday, February 11, 2026

Salad of the Day

Caesar 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 -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Anna Potatoes

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Bowl

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.



Main Meal

Brookdale North Fremont
Thursday, February 12, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

Country Fried Steak

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

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

 Steamed Beets

Mashed Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

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 North Fremont
Friday, February 13, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Soy Ginger Sauteed California Blend

Rice Pilaf

Desserts

Feature

Ice Cream Sandwich

Fruit

 Fresh Fruit Bowl

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 North Fremont
Saturday, February 14, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Soy Ginger Chicken

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

Cranberry and Honey Glazed Chicken

Chicken breast baked with a honeyed cranberry glaze.

- Always Available -

Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey Sandwich

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

Accompaniments

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

Desserts

Feature

Coconut Meringue Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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

