

Main Meal

Brookdale Cary
Sunday, February 8, 2026

Starters

Cucumber and Onion Salad

Featured Entrees

 **Oven Fried Cornmeal Crusted Catfish**
Catfish fillets oven fried with a cornmeal crust.

- Always Available -

 **Baked Chicken**
Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Parmesan Noodles

Corn O'Brien

Desserts

Feature
Apple Pie

Fruit
 Fresh Fruit Cup

Guiltless Pleasures
No Sugar Added Apple
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 Cary

Monday, February 9, 2026

Starters

Kale Salad

Featured Entrees

Roast Pork Loin

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Herbed Potatoes

 Steamed California Mix

Desserts

Feature

Homemade Peach
Cobbler

Fruit

 Fresh Grapefruit Half

Guiltless Pleasures

No Sugar Added Peach
Pie

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Main Meal

Brookdale Cary

Tuesday, February 10, 2026

Starters

Kidney Bean Corn Salad

Featured Entrees

Baked Ham

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Candied Yams

Smothered Cabbage

Desserts

Feature

Rum Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Cary

Wednesday, February 11, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Prize Winning Meatloaf

A perfect blend of ground beef, seasonings and oatmeal.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Baked Potato

 Grilled Vegetables

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Cary

Thursday, February 12, 2026

Starters

Lettuce and Herb Salad

Featured Entrees

Grilled Honey Barbecue Chicken

Grilled chicken breast basted with honey infused barbecue sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Pasta with Vegetables

 Steamed Butternut Squash

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Cary

Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Stir Fried Barley

Soy Ginger Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pumpkin Pie

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Cary
Saturday, February 14, 2026

Starters

Caesar Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Stuffed Shells

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Mashed Potatoes

Sauteed Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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