

Main Meal

Brookdale Falling Creek
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Macaroni and Cheese

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Cobbler

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 Falling Creek
Monday, February 9, 2026

Starters

Tomato Basil Salad

Featured Entrees

Roast Pork Loin

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

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Herbed Potatoes

 Steamed Broccoli

Desserts

Feature

Pistachio Ambrosia

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Falling Creek
Tuesday, February 10, 2026

Starters

Sweet Slaw

Featured Entrees

Crab Cake

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

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Hush Puppies

Candied Carrots

Desserts

Feature

Carrot Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Falling Creek
Wednesday, February 11, 2026

Starters

Triple Bean Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Fingerling Potatoes with Fresh Herbs

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Falling Creek
Thursday, February 12, 2026

Starters

Marinated Cauliflower Salad

Featured Entrees

 Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

 Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Wild Rice Blend

 Steamed Chef's Vegetables

Desserts

Feature

Coconut Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Falling Creek
Friday, February 13, 2026

Starters

Pickled Beets Salad

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Pinto Beans

Corn O'Brien

Desserts

Feature

Ice Cream of the Day

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Falling Creek
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Cornbread Stuffing

Peas with Carrots

Desserts

Feature

Peach Parfait

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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