

## Main Meal

Brookdale Dowlen Oaks  
Sunday, February 8, 2026

## **Starters**

Iceberg Wedge Salad

## **Featured Entrees**

### **Baked Ham**

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

### **- Always Available -**

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## **Accompaniments**

Mashed Sweet Potatoes

#### **Buttered Asparagus**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Coconut Cream Pie

### **Fruit**

⌚ Fresh Melon Cup

### **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 Dowlen Oaks  
Monday, February 9, 2026

## **Starters**

Caesar Salad

## **Featured Entrees**

### **Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

### **- Always Available -**

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## **Accompaniments**

Rice Pilaf

#### **Buttered California Mix**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Homemade Bread  
Pudding

### **Fruit**

⌚ Chilled Pears

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Dowlen Oaks  
Tuesday, February 10, 2026

## **Starters**

Broccoli Salad

## **Featured Entrees**

### **Shrimp Fajitas**

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

### **- Always Available -**

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## **Accompaniments**

Mashed Potatoes

#### **Buttered Corn**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Coconut Cake

### **Fruit**

⌚ Fresh Apple Slices

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Dowlen Oaks  
Wednesday, February 11, 2026

## **Starters**

Tangy Three Bean Salad

## **Featured Entrees**

### **Pot Roast with Gravy**

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

### **- Always Available -**

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## **Accompaniments**

### **Steamed White Rice**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

### **Buttered Broccoli**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Cherry Cobbler

### **Fruit**

⌚ Chilled Peaches

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Dowlen Oaks  
Thursday, February 12, 2026

## Starters

Black Bean and Corn Salad

## Featured Entrees

### **Roast Chicken**

Perfectly seasoned oven roasted chicken quarters.

### - Always Available -

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## Accompaniments

Parslied New Potatoes

#### **Buttered Green Beans**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## Desserts

### Feature

Fruit Cocktail Cake

### Fruit

⌚ Fresh Fruit Bowl

### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Dowlen Oaks  
Friday, February 13, 2026

## Starters

Classic Coleslaw

## Featured Entrees

### Friday Fish Fry

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

### - Always Available -

#### **Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## Accompaniments

Sweet Potato Fries

Roasted Brussels Sprouts

## Desserts

### Feature

German Chocolate  
Cupcake

### Fruit

 Fresh Diced Pears  
and Apples

### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Dowlen Oaks  
Saturday, February 14, 2026

## **Starters**

Beet and Apple Salad

## **Featured Entrees**

### **BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

### **- Always Available -**

#### **⌚ Herb Baked Breast of Chicken**

Tender breast of chicken baked with a blend of fresh basil and chives.

#### **Chicken Salad Sandwich**

Homemade chicken salad served on white bread.

#### **Ham and Cheese Sandwich**

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

## **Accompaniments**

Buttered Parslied Egg Noodles

#### **Buttered Carrots**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Banana Cream Pie

### **Fruit**

⌚ Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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