

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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