

Main Meal

Brookdale Olney

Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Potato Wedges

Also Available

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Melon Cup

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



Brookdale Olney

Sunday, February 8, 2026

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Coconut Fried Shrimp

Curry marinated shrimp encrusted with coconut and flash fried.

Hamburger Stroganoff

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

Baked Ham & Beans

Baked ham served with seasoned navy beans.

Vegetable

Cream Style Corn

Accompaniments

Parmesan Noodles

 Steamed Carrots

French Fried Potatoes

Desserts

Feature

Buttermilk Pie

Feature

Frosted German
Chocolate Cake

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 Olney

Monday, February 9, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Boiled Potatoes with Dill

Also Available

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Pears

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Olney

Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

Bavarian Beef

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

Vegetable


 Steamed Spinach

Accompaniments

Herbed Potatoes

Baked Acorn Squash

Barley Pilaf

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Feature

Pumpkin Spice Mousse

Guiltless Pleasures

Sugar Free Lemon
Cookie

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We invite you to share your comments with your Dining Leaders.

Main Meal

Brookdale Olney

Tuesday, February 10, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Southern Fish Sandwich**

A healthy version of a southern-style fish sandwich favorite.

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Candied Yams

Also Available

Seasonal Desserts

Ice Cream of the Month


Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Apple Slices

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Brookdale Olney

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Pecan Crusted Catfish**

Baked catfish fillet with a pecan cornmeal coating.

 **Veal Italiano**

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

Roasted Boneless Turkey Breast

Lightly seasoned oven roasted turkey breast.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Hush Puppies

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Oven Roasted Potatoes

Desserts

Feature


Tiramisu Poke Cake

Feature

Pineapple Delight Square

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 Olney

Wednesday, February 11, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Northern Beans

Also Available

Seasonal Desserts


Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Peaches

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



Brookdale Olney

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Baked French Onion Soup

Salad of the Day

Vegetable Crudites with Cheese Plate

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.

Pork Chops in Wine Sauce

Boneless pork chops simmered in a light white wine sauce.

Vegetable

Roasted Brussels Sprouts

Accompaniments

Anna Potatoes

Baked Cauliflower

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Cherry Pie

Feature

Orange Sorbet

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 Olney

Thursday, February 12, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees



Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.



Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Pasta of the Day

Item can be prepared as an Optimum Life Cuisine Option

Also Available

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

Fresh Fruit Bowl



Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Brookdale Olney

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Cheddar Beer Soup

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

Country Fried Steak

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

Apricot Chicken

Grilled breast of chicken marinated in a sweet ginger and apricot glaze.

Vegetable



Steamed Butternut Squash

Accompaniments

Parslied New Potatoes



Fresh Vegetable Blend

Creamy Baked Mashed Potatoes

Desserts

Feature

Banana Foster Cake

Feature

Strawberry Pie

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 Olney

Friday, February 13, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Curry Roasted Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Diced Pears and Apples

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Brookdale Olney

Friday, February 13, 2026

Featured Starters

Soup of the Day

Italian Wedding Soup

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.

Vegetable


Zesty Stewed Tomatoes

Accompaniments

Northern Beans

Buttered Kale

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pecan Praline Ice Cream

Feature

Mint Brownie

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 Olney

Saturday, February 14, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Southern Fish Sandwich

A healthy version of a southern-style fish sandwich favorite.

Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Accompaniment

Lemon Risotto

Also Available

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Tropical Fruit

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



Brookdale Olney

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Creamy Lentil Soup

Salad of the Day

Greek Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Roast Pork Loin

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

Blackened Perch

Cajun seasoned perch cooked quickly in butter over high heat.

Vegetable

Scalloped Broccoli

Accompaniments

Mashed Potatoes

Braised Red Cabbage

Couscous

Desserts

Feature

French Silk Pie

Feature

Yellow Cake with
Buttercream Frosting

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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