

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

Brookdale Olney

Sunday, February 8, 2026

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Bacon Ranch Pea 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.

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.

Accompaniment

Potato Wedges

Also Available

Vegetable

Cream Style Corn

Accompaniments

Parmesan Noodles

Steamed Carrots

French Fried Potatoes

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Melon Cup

Feature

Buttermilk Pie

Desserts

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.



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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

Brookdale Olney

Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Fresh Vegetable 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.

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.

Accompaniment

Boiled Potatoes with Dill

Also Available

Fruit

Chilled Pears

Vegetable

 Steamed Spinach

Accompaniments

Herbed Potatoes

Baked Acorn Squash

Barley Pilaf

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Pears

Feature

Lemon Bars

Feature

Pumpkin Spice Mousse

Guiltless Pleasures

Sugar Free Lemon Cookie

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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

Brookdale Olney

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed Green 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.

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.

Accompaniment

Candied Yams

Also Available

Vegetable

Sauteed Zucchini

Accompaniments

Hush Puppies

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Oven Roasted Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Apple Slices

Feature

Tiramisu Poke Cake

Feature

Pineapple Delight Square

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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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

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

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

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

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Chilled Peaches

Feature

Cherry Pie

Feature

Orange Sorbet

Guiltless Pleasures

Reduced Sugar Cherry Pie

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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

Brookdale Olney

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Cheddar Beer Soup

Salad of the Day

Marinated Artichoke 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.

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.

Accompaniment

Pasta of the Day

Also Available

Vegetable

Accompaniments

 Steamed Butternut Squash

Parslied New Potatoes

 Fresh Vegetable Blend

Creamy Baked Mashed Potatoes

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Fruit Bowl

Feature

Banana Foster Cake

Feature

Strawberry Pie

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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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

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

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.

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.

Accompaniment

Curry Roasted Potatoes

Also Available

Zesty Stewed Tomatoes

Vegetable

Buttered Kale

Accompaniments

Northern Beans

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Fresh Diced Pears and Apples

Feature

Pecan Praline Ice Cream

Feature

Mint Brownie

Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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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

Brookdale Olney

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Creamy Lentil Soup

Salad of the Day

Greek 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.

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.

Accompaniment

Also Available

Lemon Risotto

Vegetable

Scalloped Broccoli

Accompaniments

Mashed Potatoes

Braised Red Cabbage

Couscous

Seasonal Desserts

Ice Cream of the Month

Strawberry Ice Cream

Cookie of the Month

Sugar Cookie

Fruit

 Tropical Fruit

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Desserts

Feature

French Silk Pie

Feature

Yellow Cake with Buttercream Frosting

Guiltless Pleasures

Reduced Sugar Chocolate Cream Pie

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