

Main Meal

Brookdale Central Whittier
Sunday, February 8, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Spinach Stuffed Chicken

Chicken breast rolled with a spinach blend served with apricot sauce.

Swiss Steak with Tomatoes

Tender, lean cube steak oven baked with onions and tomatoes.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

Buttered Asparagus

 Steamed Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

O'Brien Potatoes

Wild Rice Blend

Desserts

Feature

Mini Banana Cream Pie

Fruit

 Fresh Fruit Bowl

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 Central Whittier
Monday, February 9, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Lamb Patties

Broiled lamb patties seasoned with lemon pepper and fresh mint.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

 Grilled Vegetables

 Steamed Beets

Herbed Potatoes

Corn Nugget

Desserts

Feature

Brownie a La Mode

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Central Whittier
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Baked Herbed Catfish

Seasoned catfish fillet topped with lemon garlic butter and baked.

Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

Grilled Corn on the Cob

Collard Greens and Bacon

Hush Puppies

Whipped Sweet Potatoes

Desserts

Feature

Cheesecake with Cherry
Topping

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Central Whittier
Wednesday, February 11, 2026

Salad of the Day

Vegetable Crudites with Cheese Plate

Featured Entrees

Old Fashioned Goulash

Ground beef and macaroni simmered in tomato sauce with melted cheese

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Couscous

Pasta with Vegetables

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Central Whittier
Thursday, February 12, 2026

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Miso Glazed Salmon

Asian style glazed salmon fillet finished with toasted sesame seeds.

Korean Bulgogi

Beef strips marinated in garlic, ginger and sesame oil, then cooked.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

 Roasted Vegetable Salad

 Steamed Cabbage

Fluffy White Rice

Potatoes Roasted with Garlic

Desserts

Feature

Angel Food Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana Layer
Cake

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Main Meal

Brookdale Central Whittier

Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Cabbage with Sausage and Apples

Slow cooked sausage, cabbage and apples.

Grilled Honey Barbecue Chicken

Grilled chicken breast basted with honey infused barbecue sauce.

- Always Available -

 **Citrus Tilapia**

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

Vegetable Casserole

Collard Greens and Bacon

Macaroni and Cheese

Baked Beans

Desserts

Feature

Mint Chocolate Chip Ice
Cream

Fruit

 Fresh Fall Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Central Whittier
Saturday, February 14, 2026

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.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Cheese Enchiladas with Chili

Cheese baked in corn tortillas topped with chili.

Tuna Melt Sandwich

Fresh made tuna salad and Swiss cheese on wheat bread grilled to perfection.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

Homemade Coconut
Meringue Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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