

Main Meal

Brookdale Cedar Springs
Sunday, February 8, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Southern Fried Chicken

Buttermilk marinated chicken quarters fried to a crispy, golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Buttered Corn

Green Beans with Onions and Bacon

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

Mashed Potatoes

Desserts

Feature

Mini Chocolate Pie

Fruit

 Fresh Grapes

Guiltless Pleasures

Mini Reduced Sugar
Chocolate Cream 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 Cedar Springs
Monday, February 9, 2026

Salad of the Day

Pineapple Carrot Raisin Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers
Pork medallions with Grand Marnier demi glace.

Lemon Grilled Chicken
Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Creamed Spinach

Braised Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Wild Rice Blend

Desserts

Feature

Homemade Bread
Pudding

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added Bread
Pudding

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Main Meal

Brookdale Cedar Springs
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Creamy Cole Slaw

Fried Okra

Baked Beans

Macaroni and Cheese

Desserts

Feature

Carrot Cake

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Carrot
Cake

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Main Meal

Brookdale Cedar Springs
Wednesday, February 11, 2026

Salad of the Day

Tomato Basil Salad

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.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Roasted Brussels Sprouts

 Steamed Carrots

Boiled Parslied Potatoes

Garden Blend Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

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Main Meal

Brookdale Cedar Springs
Thursday, February 12, 2026

Salad of the Day

Broccoli, Bacon and Onion Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Country Fried Steak

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

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

 Steamed Cabbage

 Fresh Vegetable Blend

 Baked Sweet Potato

Pinto Beans

Desserts

Feature

Banana Foster Cake

Fruit

 Fruit Cocktail

Guiltless Pleasures

Reduced Sugar Banana
Cake

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Main Meal

Brookdale Cedar Springs
Friday, February 13, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

 **Veal Italiano**

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

Friday Fish Fry

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

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Zesty Stewed Tomatoes

Classic Coleslaw

Oven Roasted Potatoes

Hush Puppies

Desserts

Feature

Homemade Peach
Cobbler

Fruit

 Pineapple Chunks

Guiltless Pleasures

Sugar Free Peach
Gelatin

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Main Meal

Brookdale Cedar Springs
Saturday, February 14, 2026

Salad of the Day

Greek Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Roast Pork Loin

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

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Chili con Carne

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Fried Zucchini

Braised Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

Pumpkin Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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