

Main Meal

Brookdale Desert Ridge
Sunday, February 8, 2026

Salad of the Day

 Cucumber Salad

Featured Entrees

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Pinto Beans

Desserts

Feature

Honey Cake

Fruit

 Fresh Melon Cup

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 Desert Ridge
Monday, February 9, 2026

Salad of the Day

Fresh Spinach Salad

Featured Entrees

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

 **Italian Roasted Chicken**

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Sauteed Broccoli

Italian Style Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Rice Pilaf

Baked Beans

Desserts

Feature

Homemade Peach
Cobbler

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Desert Ridge

Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Steamed Carrots

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Steak Fries

Parslied Buttered Noodles

Desserts

Feature

Frosted Chocolate Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Desert Ridge
Wednesday, February 11, 2026

Salad of the Day

Triple Bean Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Roasted Brussels Sprouts

 Steamed Broccoli

Anna Potatoes

Mediterranean Orzo

Desserts

Feature

Pumpkin Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Desert Ridge
Thursday, February 12, 2026

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Baked Tilapia

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

Stuffed Green Peppers

Pepper filled with beef and rice, baked with tomato sauce and cheese.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Steamed Green Peas

 Fresh Vegetable Blend

Orzo Pilaf

Pinto Beans

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana Layer
Cake

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Main Meal

Brookdale Desert Ridge
Friday, February 13, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Friday Fish Fry

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

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Classic French Fries

Pasta Salad

Desserts

Feature

Vanilla Ice Cream

Fruit

 Fresh Diced Pears and
Apples

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Desert Ridge
Saturday, February 14, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Chicken with Pineapple Salsa

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Roast Pork Loin

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

- Always Available -

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Sauteed Corn and Black Beans

Braised Cabbage

Wild Rice Blend

Egg Noodles

Desserts

Feature

Coconut Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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