

Main Meal

Brookdale Paddock Hills
Sunday, February 8, 2026

Starters

Tossed Green Salad

Featured Entrees

Roast Prime Rib

Seasoned rib roast slow roasted and served with natural juices.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Roasted Red Skin Potatoes

Baby Carrots and Brussels Sprouts with Brown Sugar and Pepper

Desserts

Feature

Water Pie

Fruit

 Fresh Fruit Cup

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 Paddock Hills
Monday, February 9, 2026

Starters

Tossed Green Salad

Featured Entrees

Wiener Schnitzel

Veal cutlet dredged in breadcrumbs and pan fried until golden.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Onion Rings

Creamy Broccoli and Carrot Slaw

Desserts

Feature

Apple Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Paddock Hills
Tuesday, February 10, 2026

Starters

Tossed Green Salad

Featured Entrees

BBQ Turkey Meatloaf

Seasoned turkey meatloaf served with BBQ sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Red Beans and Rice

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Gelatin Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Paddock Hills
Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Liver and Onions

Beef liver smothered in sauteed onions and baked in the oven.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Garlic Mashed Potatoes

Roasted Broccoli

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Paddock Hills
Thursday, February 12, 2026

Starters

Tossed Green Salad

Featured Entrees

Orange Chicken

Fried chicken thighs coated in a tangy orange glaze.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Fried Rice

 Roasted Asparagus w/ Red and Yellow Peppers

Desserts

Feature

Almond Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Paddock Hills
Friday, February 13, 2026

Starters

Tossed Green Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

 Baked Potato

Candied Carrots

Desserts

Feature

Carrot Cake Shooter

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Paddock Hills
Saturday, February 14, 2026

Starters

Tossed Green Salad

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy
Classic roasted turkey served with herb stuffing and turkey gravy.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Homestyle Bread Stuffing

Roasted Fresh Green Beans

Desserts

Feature

Water Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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