

Main Meal

Brookdale St. Augustine
Sunday, February 8, 2026

Starters

Chopped Salad

Featured Entrees

Chicken Cordon Bleu

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Rice Pilaf

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Buttermilk Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Monday, February 9, 2026

Starters

Chopped Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Mashed Potatoes

 Grilled Vegetables

Desserts

Feature

Lemon Bars

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Tuesday, February 10, 2026

Starters

Chopped Salad

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Macaroni and Cheese

Sauteed Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Wednesday, February 11, 2026

Starters

Chopped Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Herbed Potatoes

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Thursday, February 12, 2026

Starters

Chopped Salad

Featured Entrees

Coconut Shrimp

Golden brown coconut breaded baked shrimp.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Hush Puppies

 Steamed Corn

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Friday, February 13, 2026

Starters

Chopped Salad

Featured Entrees

Friday Fish Fry

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Steak Fries

Classic Coleslaw

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 St. Augustine
Saturday, February 14, 2026

Starters

Chopped Salad

Featured Entrees

General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Fried Rice

 **Steamed Chef's Mixed Vegetables**

Desserts

Feature

French Silk Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.

