

Main Meal

Brookdale Stuart  
Sunday, February 8, 2026

## Starters

Tossed Garden Salad

## Featured Entrees

### Barbecue Chicken Tenderloins

Grilled chicken tenders seasoned and basted with barbecue sauce.

Item can be prepared as an  Optimum Life Cuisine Option

### - Always Available -

#### Grilled Tilapia

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

#### Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

#### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

 Baked Sweet Potato

Classic Coleslaw

## Desserts

### Feature

Strawberry Pie

### Fruit

 Fresh Banana

### Guiltless Pleasures

Sugar Free Strawberry  
Gelatin

 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 Stuart  
Monday, February 9, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

### **Roast Pork Loin**

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

### **- Always Available -**

#### **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

#### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Oven Roasted Potatoes

 Steamed Carrots

## **Desserts**

### **Feature**

Lemon Gelatin

### **Fruit**

 Fresh Banana

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

 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 Stuart  
Tuesday, February 10, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

### **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

### **- Always Available -**

### **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Mashed Potatoes

### **Steamed Chef's Vegetables**

## **Desserts**

### **Feature**

Red Velvet Cake

### **Fruit**

 Fresh Banana

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

 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 Stuart

Wednesday, February 11, 2026

**Starters**

Tossed Garden Salad

**Featured Entrees**

**Hamburger Stroganoff**

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

**- Always Available -**

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

**Pasta of the Day**

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Brussels Sprouts**

**Desserts**

**Feature**

Apple Pie

**Fruit**

 Fresh Banana

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

 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 Stuart  
Thursday, February 12, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

### **Crab Cake**

A fried cake of crabmeat, bread crumbs, onion and chiles.

### **- Always Available -**

#### **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

#### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Rice Pilaf

 Grilled Asparagus

## **Desserts**

### **Feature**

Red Velvet Cake

### **Fruit**

 Fresh Banana

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

 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 Stuart  
Friday, February 13, 2026

## Starters

Tossed Garden Salad

## Featured Entrees

**Cabbage with Sausage and Apples**  
Slow cooked sausage, cabbage and apples.

### - Always Available -

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## Accompaniments

Oven Roasted Potatoes

 **Steamed Cabbage**

## Desserts

### Feature

Ice Cream of the Day

### Fruit

 Fresh Banana

### Guiltless Pleasures

Sugar Free Chocolate  
Chip Cookie

 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 Stuart  
Saturday, February 14, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Chicken Thighs Parmesan**

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

### **- Always Available -**

 **Grilled Tilapia**

Grilled tilapia fillet seasoned with oregano and a splash of lemon juice.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

**Pasta of the Day**

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Chef's Vegetables**

## **Desserts**

### **Feature**

Strawberry Pie

### **Fruit**

 Fresh Banana

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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

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

