

Main Meal

Brookdale Folsom

Sunday, February 8, 2026

Salad of the Day

Mini Caesar Salad

Featured Entrees

California Chicken

Chicken breast baked with tomato and cheese, garnished with avocado.

Roast Sirloin of Beef with Gravy

Seasoned sirloin of beef slow roasted until tender served with a rich gravy.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

Buttered Yellow Squash

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Rice Pilaf

Desserts

Feature

Strawberry Rhubarb Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added Peach 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 Folsom

Monday, February 9, 2026

Salad of the Day

Vegetable Crudites with Cheese Plate

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

Roasted Rosemary Chicken Thighs

Garlic and rosemary marinated bone-in chicken, roasted to perfection.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

 Steamed Spinach

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Cornbread Stuffing

Homestyle Grits

Desserts

Feature

Tapioca Pudding

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Folsom

Tuesday, February 10, 2026

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

Mashed Potatoes and Gravy

Desserts

Feature

Pineapple Upside Down
Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Folsom

Wednesday, February 11, 2026

Salad of the Day

Harvest Spring Salad with Cranberries and Walnuts

Featured Entrees

 **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

 **Grilled Salmon**

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

 Steamed California Mix

Baked Cauliflower

Oven Roasted Potatoes

Rice Blend

Desserts

Feature

Key Lime Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added Peach
Pie

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Main Meal

Brookdale Folsom

Thursday, February 12, 2026

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Country Fried Steak

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

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

 Steamed Corn

 Fresh Vegetable Blend

Pasta of the Day

Creamy Baked Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Folsom

Friday, February 13, 2026

Salad of the Day

Triple Bean Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

Sauteed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

Potato Pancakes

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cream Puffs

Fruit

 Fresh Diced Pears and Apples

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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Main Meal

Brookdale Folsom

Saturday, February 14, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Lemon and Thyme Chicken

Sauteed chicken breast served with a light lemon and thyme pan sauce.

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

- Always Available -

 **Baked Fish Catch of the Day**

Please ask your server about today's specials.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Accompaniments

Sauteed Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

Braised Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Potatoes Roasted with Garlic

Couscous

Desserts

Feature

Coconut Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Apple Pie

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