

Brookdale Santa Monica Gardens

Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Potato Wedges

Also Available

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Melon Cup

Seasonal Desserts

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

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



Brookdale Santa Monica Gardens

Sunday, February 8, 2026

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Blackened Catch of the Day

Fillet of fish seasoned with cajun spices and sauteed in butter.

Vegetable

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

Accompaniments

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Fresh Strawberry Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

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

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

Brookdale Santa Monica Gardens

Monday, February 9, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Boiled Potatoes with Dill

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

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

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Brookdale Santa Monica Gardens

Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Sausage with Lentils

Bacon and sausage sauteed in wine and served over seasoned lentils.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

Blackened Catch of the Day

Fillet of fish seasoned with cajun spices and sauteed in butter.

Vegetable

 Steamed California Mix

Accompaniments

Herbed Potatoes

Buttered Zucchini with Yellow Squash

 Stir Fried Barley

Desserts

Feature

Tapioca Pudding

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

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

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

Brookdale Santa Monica Gardens

Tuesday, February 10, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Fingerling Potatoes with Fresh Herbs

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Apple Slices

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

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Brookdale Santa Monica Gardens

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

 **Veal Italiano**

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

Blackened Catch of the Day

Fillet of fish seasoned with cajun spices and sauteed in butter.

Vegetable

Sauteed Zucchini with Apples

Accompaniments

Jasmine Rice

Buttered Chef's Fresh Vegetables

Oven Roasted Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Sponge Cake with Strawberries

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

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

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Main Meal

Brookdale Santa Monica Gardens

Wednesday, February 11, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Baked Beans

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Peaches

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Brookdale Santa Monica Gardens

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Baked French Onion Soup

Salad of the Day

Thai Cucumber Salad

Featured Entrees

Seasoned Baked Tilapia with Lemon

Oven baked tilapia sprinkled with lemon juice, parsley and paprika.

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Brazilian Pork Stew with Black Beans

A traditional Brazilian stew made with pork and black beans.

Vegetable

Lyonnais Style Carrots

Accompaniments

Asiago Cheese Grits

Baked Cauliflower

Garden Blend Rice

Desserts

Feature

Chocolate Cream Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol. We invite you to share your comments with your Dining Leaders.

Brookdale Santa Monica Gardens

Thursday, February 12, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Lyonnaise Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Bowl

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

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Brookdale Santa Monica Gardens

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Boulder Creek Bisque

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Creamy Chicken Piccata

Sauteed breast of chicken with a creamy caper and madeira sauce.

Pork Loin with Orange Marmalade Demi Glace Sauce

Tender roasted pork with an orange marmalade demi glace sauce.

Baked Catch of the Day

Ask your server about today's fish baked in lemon butter sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Vegetable

Broccoli and Cheese

Accompaniments

Orzo Pilaf

 Fresh Vegetable Blend

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Streusel
Cake

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream
Novelty

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

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

Brookdale Santa Monica Gardens

Friday, February 13, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Curry Roasted Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Diced Pears and Apples

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Brookdale Santa Monica Gardens

Friday, February 13, 2026

Featured Starters

Soup of the Day

Matzo Ball Soup

Salad of the Day

Tossed Iceberg Salad
Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

Baked Herb Crusted Chicken

Tender chicken quarters topped with lemon juice and herbs.

Baked Catch of the Day

Ask your server about today's fish baked in lemon butter sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Vegetable

Sauteed Fresh Vegetable Blend

Accompaniments

Herb and Cheese Gnocchi

Creamed Spinach

 Steamed Brown Rice

Desserts

Feature

Tiger Brownie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

 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 Santa Monica Gardens

Saturday, February 14, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Vegetable Couscous

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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

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



Brookdale Santa Monica Gardens

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Cabbage and Potato Soup

Salad of the Day

Cucumber, Tomato and Feta Salad

Featured Entrees

Spinach Stuffed Chicken

Chicken breast rolled with a spinach blend served with apricot sauce.

Braised Lamb Shanks

Tender cut of lamb seasoned and braised to perfection.

Baked Catch of the Day

Ask your server about today's fish baked in lemon butter sauce.

Item can be prepared as an  Optimum Life Cuisine Option

Vegetable

Sauteed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Mashed Potatoes

Parmesan Polenta

Desserts

Feature

French Silk Pie

Feature

Ice Cream of the Day

Guiltless Pleasures

Light Ice Cream Novelty

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