

Main Meal

Brookdale Auburn  
Sunday, February 8, 2026

## **Salad of the Day**

Mixed Green 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.

### **- Always Available -**

### **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

### **Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

### **Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## **Accompaniments**

Creamed Spinach with Bacon

 Steamed Chef's Fresh Vegetables

 Baked Potato

 Baked Sweet Potato

## **Desserts**

### **Feature**

Blueberry 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 Auburn

Monday, February 9, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

**Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

**Lemon and Thyme Chicken**

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

### - Always Available -

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## Accompaniments

 Steamed California Mix

Braised Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Baked Sweet Potato

## Desserts

Feature

Vanilla Cream Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Auburn

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Southwestern Breast of Chicken**

Chicken breast baked with a spicy cornmeal crust.

**Baked Ham & Beans**

Baked ham served with seasoned navy beans.

**- Always Available -**

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

**Sauteed Yellow Squash**

Item can be prepared as an  Optimum Life Cuisine Option

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

 **Baked Potato**

 **Baked Sweet Potato**

**Desserts**

**Feature**

Tiramisu Poke Cake

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Auburn

Wednesday, February 11, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**New England Boiled Beef Dinner**

Simmered beef brisket served with cabbage, onions and gravy.

**BBQ Chicken**

Oven roasted chicken quarters basted with tangy barbecue sauce.

**- Always Available -**

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

Roasted Brussels Sprouts

Baked Cabbage with Bacon

 Baked Potato

 Baked Sweet Potato

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Auburn

Thursday, February 12, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Citrus Baked Cod**

Seasoned baked cod topped with lemon and orange zest.

**Country Fried Steak**

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

**- Always Available -**

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

 Grilled Vegetables

 Fresh Vegetable Blend

 Baked Potato

 Baked Sweet Potato

**Desserts**

**Feature**

Blueberry Streusel Cake

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Auburn

Friday, February 13, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

**Fried Shrimp**

Breaded shrimp flash fried until light golden brown.

**- Always Available -**

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

**Accompaniments**

Sauteed Zucchini with Peppers and  
Onions

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

 Baked Sweet Potato

**Desserts**

**Feature**

Homemade Peach  
Cobbler

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Auburn

Saturday, February 14, 2026

## **Salad of the Day**

Mini Caesar Salad

## **Featured Entrees**

**Roast Prime Rib**

Seasoned rib roast slow roasted and served with natural juices.

**Salmon with Citrus Beurre Blanc Sauce**

Seared fillet of salmon served with a lemon butter cream sauce.

### **- Always Available -**

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

**Chili con Carne**

Hearty chili with ground beef, tomatoes, peppers, onions and beans.

**Stuffed Shells**

Pasta shells stuffed with ground beef baked in homemade tomato sauce.

## **Accompaniments**

Fresh Green Bean Casserole

Broccoli and Cheese

 Baked Potato

 Baked Sweet Potato

## **Desserts**

### **Feature**

Cheesecake with Cherry  
Topping

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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