

Main Meal

Brookdale Valley View  
Sunday, February 8, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Oven Roasted Chicken**

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

### **Eggplant Parmesan**

Breaded eggplant layered with cheese and Italian meat sauce and baked.

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Turkey Sandwich**

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

### **Hot Dog**

Steamed hot dog served with your choice of condiments.

## **Accompaniments**

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

## **Desserts**

### **Feature**

Banana Cream 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 Valley View  
Monday, February 9, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Chili Verde Pork

A Mexican dish of pork loin simmered with tomatillo and peppers.

### Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

### - Always Available -

### Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### Turkey Sandwich

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

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

 Steamed Spinach

Buttered Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Mexican Rice

## Desserts

### Feature

Rice Pudding

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Valley View

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**Italian Sausage with Peppers and Onions**

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

**- Always Available -**

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Turkey Sandwich**

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

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Accompaniments**

**Sauteed Brussels Sprouts**

Item can be prepared as an  Optimum Life Cuisine Option

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

**Homestyle Potatoes**

**Pasta with Tomato Basil Sauce**

**Desserts**

**Feature**

Tiramisu Cake

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Ice Cream of the Day

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Main Meal

Brookdale Valley View  
Wednesday, February 11, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Italian Meatloaf

Meatloaf seasoned with garlic and basil and baked in a tomato sauce.

### Parmesan Crusted Tilapia

Sauteed tilapia, lightly breaded with parmesan cheese.

### - Always Available -

### Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### Turkey Sandwich

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

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

Sauteed Broccoli

Braised Red Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

Garden Blend Rice

## Desserts

### Feature

Cherry Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Valley View  
Thursday, February 12, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Chicken Tenders

Golden baked breaded chicken tenders.

### Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

### - Always Available -

### Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### Turkey Sandwich

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

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

 Steamed Yellow Squash

 Fresh Vegetable Blend

Orzo Pilaf

Mashed Sweet Potatoes

## Desserts

### Feature

Frosted German  
Chocolate Cake

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Valley View  
Friday, February 13, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Veal Parmesan**

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

### **Fried Shrimp**

Breaded shrimp flash fried until light golden brown.

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Turkey Sandwich**

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

### **Hot Dog**

Steamed hot dog served with your choice of condiments.

## **Accompaniments**

Classic Coleslaw

Creamed Corn

French Fried Potatoes

Candied Yams

## **Desserts**

### **Feature**

Ice Cream of the Day

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Valley View  
Saturday, February 14, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Roast Prime Rib

Seasoned rib roast slow roasted and served with natural juices.

### Roast Turkey

Perfectly seasoned slow roasted turkey.

### - Always Available -

### Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### Turkey Sandwich

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

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

Sauteed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Rice Blend

## Desserts

### Feature

Blueberry Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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