

Main Meal

Brookdale Uptown Whittier

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.

Pub Battered Cod

Battered and fried fish fillet.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Corn O'Brien

 Steamed Chef's Mixed Vegetables

Whipped Potatoes

Creamy Macaroni Salad

Desserts

Feature

Banana Cream Pie

Fruit

 Apple Slices

Guiltless Pleasures

Mini Reduced Sugar
Banana Cream 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 Uptown Whittier

Monday, February 9, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Shrimp Fajitas

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

Baked Tex Mex Chicken

Seasoned chicken breast baked with salsa and Monterey Jack cheese.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed California Mix

Braised Kale

Refried Beans

 Roasted Rosemary Potatoes

Desserts

Feature

Lemon Bars

Fruit

 Apple Slices

Guiltless Pleasures

Mini Reduced Sugar
Lemon Cream Pie

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Main Meal

Brookdale Uptown Whittier
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Cranberry and Honey Glazed Chicken

Chicken breast baked with a honeyed cranberry glaze.

Chili Seasoned Baked Pork Chops

Lean boneless pork chop seasoned with chili powder and cumin and baked.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed Carrots

Buttered Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

 Cilantro Brown Rice

Desserts

Feature

Pina Colada Cake

Fruit

 Apple Slices

Guiltless Pleasures

Reduced Sugar Pina
Colada Layer Cake

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Main Meal

Brookdale Uptown Whittier
Wednesday, February 11, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Country Fried Steak

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

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Sauteed Spinach with Mushrooms

 Steamed Cauliflower

 Baked Potato

Mediterranean Orzo

Desserts

Feature

Eclair

Fruit

 Apple Slices

Guiltless Pleasures

Mini Reduced Sugar
Vanilla Cream Pie

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Main Meal

Brookdale Uptown Whittier
Thursday, February 12, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Crab Cake

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

Elegant Beef Tenderloin

Oven baked beef tenderloin covered in a Dijon mustard & horseradish crust.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed Butternut Squash

Buttered Artichoke

Item can be prepared as an  Optimum Life Cuisine Option

Potato Onion Supreme

 Brown Rice Pilaf with Herbs

Desserts

Feature

Almond Cake

Fruit

 Apple Slices

Guiltless Pleasures

Reduced Sugar Almond
Mousse Cake

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Main Meal

Brookdale Uptown Whittier

Friday, February 13, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Cabbage with Sausage and Apples

Slow cooked sausage, cabbage and apples.

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Classic Pea Salad

 Steamed Chef's Vegetables

Mashed Potatoes

 Black Beans

Desserts

Feature

Spumoni Ice Cream

Fruit

 Apple Slices

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Uptown Whittier
Saturday, February 14, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

Apricot Curry Pork Chops

Lean bone-in pork chops baked in a light apricot curry sauce.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Classic Coleslaw

 Steamed Asparagus

Chipotle Mashed Potatoes

Baked Beans

Desserts

Feature

Lemon Meringue Pie

Fruit

 Apple Slices

Guiltless Pleasures

Mini Reduced Sugar
Lemon Cream Pie

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