

Main Meal

Brookdale West Boynton Beach

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 -

Baked Pollock

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

 Steamed Chef's Vegetables

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Buttermilk Pie

Fruit

 Stewed Prunes

Guiltless Pleasures

No Sugar Added
Chocolate 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 West Boynton Beach

Monday, February 9, 2026

Salad of the Day

Greek Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

- Always Available -

 **Baked Pollock**

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

 Steamed Spinach

 Steamed Chef's Mixed Vegetables

Herbed Potatoes

 Baked Sweet Potato

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale West Boynton Beach

Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Baked Pollock

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

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

Candied Yams

Fluffy White Rice

Desserts

Feature

Pound Cake

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale West Boynton Beach

Wednesday, February 11, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Beef and Broccoli

Tender beef and fresh broccoli stir-fried in a tangy sauce.

Herb Marinated Breast of Chicken

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

- Always Available -

Baked Pollock

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Pasta of the Day

Fried Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added
Blueberry Pie

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Main Meal

Brookdale West Boynton Beach

Thursday, February 12, 2026

Salad of the Day

Chopped Salad

Featured Entrees

Herb Roasted Chicken

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

Yankee Pot Roast

Beef pot roast slowly braised and served with a rich gravy.

- Always Available -

Baked Pollock

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

 Steamed California Mix

 Fresh Vegetable Blend

Parslied New Potatoes

 Baked Potato

Desserts

Feature

Sponge Cake with
Strawberries

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Cake

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Main Meal

Brookdale West Boynton Beach

Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

 **Baked Pollock**

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

Zesty Stewed Tomatoes

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Pilaf With Cranberries

 Baked Sweet Potato

Desserts

Feature

Vanilla Ice Cream

Fruit

 Stewed Prunes

Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale West Boynton Beach

Saturday, February 14, 2026

Salad of the Day

Greek Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

Baked Pollock

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

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Black Bean Medley

Mix of seasoned black beans, tomatoes, spinach, carrots and cabbage.

Accompaniments

Sauteed Green Beans

 Steamed Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Homestyle Bread Stuffing

Desserts

Feature

Chocolate Cream Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Banana
Pudding

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