

Main Meal

Brookdale Rotonda
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Baked Ham

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

- Always Available -

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.

Accompaniments

Sweet Potato Casserole

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Banana Cream Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Rotonda
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

- Always Available -

 **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.

Accompaniments

Rice Pilaf

 Steamed Spinach

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Rotonda
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

- Always Available -

 **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.

Accompaniments

Macaroni and Cheese

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Spice Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Rotonda
Wednesday, February 11, 2026

Starters

Tangy Three Bean Salad

Featured Entrees

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

- Always Available -

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.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Rotonda
Thursday, February 12, 2026

Starters

Garbanzo Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

 **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.

Accompaniments

Orzo Pilaf

 Steamed Butternut Squash

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Rotonda
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **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.

Accompaniments

Navy Beans

Zesty Stewed Tomatoes

Desserts

Feature

Butter Pecan Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Rotonda
Saturday, February 14, 2026

Starters

Cucumber Salad

Featured Entrees

Turkey Divan

Sliced turkey breast and broccoli covered in a rich cream sauce.

- Always Available -

 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.

Accompaniments

Noodles Romanoff

Roasted Broccoli

Desserts

Feature

Chocolate Chip Cookie
Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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