

Main Meal

Brookdale Brea  
Sunday, February 8, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Baked Ham

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

### Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

### - Always Available -

#### ⌚ Grilled Lemon Chicken

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### Macaroni and Cheese with Ham

A classic dish of macaroni baked with ham and a blend of three cheeses.

### Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

## Accompaniments

Buttered Chef's Vegetables

Item can be prepared as an ⌚ Optimum Life Cuisine Option

⌚ Steamed Carrots

⌚ Baked Sweet Potato

Wild Rice Blend

## Desserts

### Feature

Cherry Pie

### Fruit

⌚ Apricot Halves

### Guiltless Pleasures

Sugar Free Lime  
Gelatin

⌚ 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 Brea  
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.

### **Honey Mustard Chicken Thighs**

Juicy, bone-in chicken with a honey and stoneground mustard glaze.

### **- Always Available -**

#### **⌚ Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## **Accompaniments**

⌚ Steamed Spinach

Braised California Mix

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Herbed Potatoes

Rice Pilaf

## **Desserts**

### **Feature**

Creme Brulee Bread  
Pudding

### **Fruit**

⌚ Fresh Peach Slices

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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Main Meal

Brookdale Brea  
Tuesday, February 10, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Grilled Trout**

Trout fillet lightly seasoned and grilled.

### **Veal Parmesan**

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

### **- Always Available -**

### **Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## **Accompaniments**

Sauteed Zucchini

Buttered Green Beans

Item can be prepared as an ☺ Optimum Life Cuisine Option

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Mashed Potatoes

White Rice

## **Desserts**

### **Feature**

Vanilla Cream Cake

### **Fruit**

☺ Fresh Banana

### **Guiltless Pleasures**

Sugar Free Lemon  
Gelatin

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Main Meal

Brookdale Brea  
Wednesday, February 11, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

### **Marsala Chicken**

Chicken breast simmered in a mushroom and marsala wine sauce.

### **- Always Available -**

### **Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Cilantro Rice

## Desserts

### Feature

Cherry Pie

### Fruit

 Fresh Pear Slices

### Guiltless Pleasures

Sugar Free Raspberry Gelatin

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Main Meal

Brookdale Brea  
Thursday, February 12, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Chicken Thighs Parmesan**

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

### **Country Fried Steak**

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

### **- Always Available -**

#### **⌚ Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## **Accompaniments**

Braised Peppers

⌚ Steamed Broccoli

Lemon Rice

Mashed Potatoes

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Carrot Cake

### **Fruit**

⌚ Fresh Pineapple Cubes

### **Guiltless Pleasures**

Sugar Free Cherry  
Gelatin

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Main Meal

Brookdale Brea  
Friday, February 13, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### **Pork Stew**

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

### **Tilapia with Cucumber and Melon Salsa**

Baked tilapia topped with a fresh cucumber melon salsa.

### **- Always Available -**

### **Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## Accompaniments

Scalloped Carrots

Buttered Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

White Rice

## Desserts

### Feature

Rocky Road Ice Cream

### Fruit

 Fresh Banana

### Guiltless Pleasures

Reduced Sugar Banana Cream Pie



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Main Meal

Brookdale Brea  
Saturday, February 14, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Salmon with Citrus Beurre Blanc Sauce**

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

### **Roast Pork Loin**

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

### **- Always Available -**

#### **⌚ Grilled Lemon Chicken**

Grilled chicken breast marinated in a blend of herbs, lemon and garlic.

### **Macaroni and Cheese with Ham**

A classic dish of macaroni baked with ham and a blend of three cheeses.

### **Grilled Ham and Cheese Sandwich**

Sliced ham with American cheese grilled on wheat bread.

## **Accompaniments**

Sauteed Zucchini

Braised Yellow Squash

Item can be prepared as an ⌚ Optimum Life Cuisine Option

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Mashed Potatoes

Wild Rice Blend

## **Desserts**

### **Feature**

Honey Cake

### **Fruit**

⌚ Mandarin Oranges

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Spice Cake

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