

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

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

 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 glaze.

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

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

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

Item can be prepared as an  Optimum Life Cuisine Option

Braised Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

Honey Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Frosted
Spice Cake

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