

Main Meal

Brookdale Phillippi Creek
Sunday, February 8, 2026

Starters

Tossed Green Salad

Featured Entrees

 Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

- Always Available -

 Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Roasted Red Skin Potatoes

Sauteed Vegetable Blend

Desserts

Feature

Apple Crumb Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
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 Phillippi Creek
Monday, February 9, 2026

Starters

Tossed Green Salad

Featured Entrees

Roast Turkey

Perfectly seasoned slow roasted turkey.

- Always Available -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Homestyle Bread Stuffing

 Steamed Spinach

Desserts

Feature

 Cheesecake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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Main Meal

Brookdale Phillippi Creek
Tuesday, February 10, 2026

Starters

Tossed Green Salad

Featured Entrees

 Oven Fried Chicken

A healthy oven fried alternative to traditional fried chicken.

- Always Available -

 Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

French Fried Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Red Velvet Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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Main Meal

Brookdale Phillippi Creek
Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Anita's Meatloaf

Homemade meatloaf with a savory tomato sauce topping.

- Always Available -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Mashed Sweet Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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Main Meal

Brookdale Phillippi Creek
Thursday, February 12, 2026

Starters

Tossed Green Salad

Featured Entrees

Crab Cake

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Classic Potato Latkes

 Steamed Butternut Squash

Desserts

Feature

Frosted Chocolate Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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Main Meal

Brookdale Phillippi Creek
Friday, February 13, 2026

Starters

Tossed Green Salad

Featured Entrees

BBQ Baby Back Ribs

Tender pork ribs cooked with a homemade BBQ glaze.

- Always Available -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Baked Beans

Sauteed Kale

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Ice Cream

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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Main Meal

Brookdale Phillippi Creek
Saturday, February 14, 2026

Starters

Tossed Green Salad

Featured Entrees

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

- Always Available -

 Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Navy Beans

Sauteed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Triple
Chocolate Ice Cream

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