

Main Meal

Brookdale Cape Cod
Sunday, February 8, 2026

Salad of the Day

Tossed Garden 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 -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Cream Style Corn

 Steamed Carrots

Mashed Potatoes

Sweet Potato Tots

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

 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 Cape Cod
Monday, February 9, 2026

Salad of the Day

Tossed Garden 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 -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

 Steamed Spinach

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Barley Pilaf

Desserts

Feature

Lemon Bars

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Cape Cod
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.

Veal Piccata

Lean veal chop sauteed in olive oil and finished with a caper-wine sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Oven Roasted Potatoes

Desserts

Feature

Tiramisu Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Cape Cod
Wednesday, February 11, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Sauteed Brussels Sprouts

 Steamed Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Cape Cod
Thursday, February 12, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Citrus Flounder

Fresh flounder fillet simmered with citrus juices and tomatoes.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

 Steamed Chef's Fresh Vegetables

 Fresh Vegetable Blend

 Baked Potato

 Mashed Sweet Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Cape Cod
Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Chicken Cordon Bleu

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

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

Zesty Stewed Tomatoes

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

Desserts

Feature

Orange Sherbet

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Cape Cod
Saturday, February 14, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Roast Pork Loin

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

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Accompaniments

 Steamed Chef's Mixed Vegetables

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Couscous

Desserts

Feature

Homemade Southern
Pecan Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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