

Main Meal

Brookdale San Ramon  
Sunday, February 8, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

### **Kansas Style BBQ Brisket**

Slow roasted seasoned beef brisket served with our own BBQ sauce.

### **- Always Available -**

### **Baked Whitefish with Lemon**

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

### **Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

### **Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## **Accompaniments**

Buttered Corn

 Steamed Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Baked Beans

Potato Wedges

## **Desserts**

### **Feature**

Apple Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

 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 San Ramon  
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.

**Chicken Thighs with Quick Mole Sauce**  
Chicken thighs cooked in a rich, dark and delicious mole sauce.

### - Always Available -

 **Baked Whitefish with Lemon**

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

**Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

**Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## Accompaniments

 Steamed Brussels Sprouts

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mexican Rice

 Baked Sweet Potato

## Desserts

### Feature

Homemade Bread  
Pudding

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale San Ramon

Tuesday, February 10, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

**Baked Chicken with Coconut Ginger Sauce**

Oven baked chicken breast topped with a creamy coconut ginger sauce.

**Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

**- Always Available -**

 **Baked Whitefish with Lemon**

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

**Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

**Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

**Accompaniments**

**Sauteed Yellow Squash**

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**

**Steamed White Rice**

Item can be prepared as an  Optimum Life Cuisine Option

**Desserts**

**Feature**

Frosted Chocolate Cake

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale San Ramon  
Wednesday, February 11, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Pot Roast with Gravy

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

### Shrimp Scampi

Butterflied shrimp broiled with lemon garlic butter.

### - Always Available -

### Baked Whitefish with Lemon

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

### Baked Tofu

Sliced tofu baked until just crisp and golden brown.

### Vegetarian Black Bean Quesadillas

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## Accompaniments

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Boiled Potatoes

Buttered Parslied Egg Noodles

## Desserts

### Feature

Cherry Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale San Ramon  
Thursday, February 12, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### **Pineapple Teriyaki Chicken Thighs**

Grilled teriyaki marinated chicken thighs topped with grilled pineapple.

### **Country Fried Steak**

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

### **- Always Available -**

### **Baked Whitefish with Lemon**

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

### **Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

### **Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## Accompaniments

Buttered Peas and Pearl Onions

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Rice Blend

Mashed Potatoes

## Desserts

### Feature

Boston Cream Pie Cake

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale San Ramon  
Friday, February 13, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

**Grilled Pork Chop with Caramelized Peaches with Marjoram**  
Boneless pork chop served with peaches in a sweet buttery sauce.

 **Tilapia with Citrus Vinaigrette**  
Pan seared tilapia with a citrus white wine shallot sauce.

### - Always Available -

 **Baked Whitefish with Lemon**  
Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

### **Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## Accompaniments

Stir-Fried Broccoli

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

Mediterranean Orzo

## Desserts

### Feature

Pumpkin Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale San Ramon  
Saturday, February 14, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Chicken Coq Au Vin**

French stew of chicken thighs, mushrooms, bacon and pearl onions.

### **Rosemary Lamb Chops**

Tender lamb chops served with a rosemary gravy

### **- Always Available -**

### **Baked Whitefish with Lemon**

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

### **Baked Tofu**

Sliced tofu baked until just crisp and golden brown.

### **Vegetarian Black Bean Quesadillas**

Black beans, cheese, spinach and salsa baked between soft flour tortillas.

## **Accompaniments**

Sauteed Spinach with Mushrooms

Green Bean Casserole

Warm Potato Salad

Wild Rice Blend

## **Desserts**

### **Feature**

Fruit of the Forest Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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