

Main Meal

Brookdale Utica AL
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

 **Cornflake Chicken**

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

- Always Available -

 **Almond Chicken Stir Fry**

Chicken breast with vegetables in a light ginger soy sauce.

 **Baked Parmesan Chicken**

Tender breast of chicken baked with an herbed parmesan crust.

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

Potato and Cheese Pierogi

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Buttermilk Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Utica AL
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Pork Chop Suey

Pork sauteed with vegetables and served in a thick soy sauce.

- Always Available -

Almond Chicken Stir Fry

Chicken breast with vegetables in a light ginger soy sauce.

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

 Steamed Brown Rice

 Steamed Bok Choy

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Utica AL
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Honey Ginger Glazed Chicken

Chicken baked to perfection with ginger, garlic and honey glaze.

- Always Available -

Almond Chicken Stir Fry

Chicken breast with vegetables in a light ginger soy sauce.

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

 Mashed Sweet Potatoes

Sour Cream Cole Slaw

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Utica AL
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

Almond Chicken Stir Fry

Chicken breast with vegetables in a light ginger soy sauce.

Baked Parmesan Chicken

Tender breast of chicken baked with an herbed parmesan crust.

Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

Au Gratin Potatoes

Lemon Butter Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Utica AL

Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

 **Seasoned Baked Cod with Lemon**

Fillet of cod seasoned with lemon juice, parsley and paprika.

- Always Available -

 **Almond Chicken Stir Fry**

Chicken breast with vegetables in a light ginger soy sauce.

 **Baked Parmesan Chicken**

Tender breast of chicken baked with an herbed parmesan crust.

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

Potato Patties

 Steamed Beets

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Utica AL
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Veal Parmesan

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

- Always Available -

 **Almond Chicken Stir Fry**

Chicken breast with vegetables in a light ginger soy sauce.

 **Baked Parmesan Chicken**

Tender breast of chicken baked with an herbed parmesan crust.

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

Parmesan Noodles

 Grilled Asparagus

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Utica AL
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

- Always Available -

 **Almond Chicken Stir Fry**

Chicken breast with vegetables in a light ginger soy sauce.

 **Baked Parmesan Chicken**

Tender breast of chicken baked with an herbed parmesan crust.

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

Accompaniments

Mashed Potatoes

Pan Fried Corn

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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