

Main Meal

Brookdale Orland Park
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.

Pub Battered Cod

Battered and fried fish fillet.

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 **Steamed Carrots**

 **Steamed Chef's Mixed Vegetables**

Mashed Potatoes and Gravy

Steak Fries

Desserts

Feature

Eclair

Fruit

 **Fresh Fruit Cup**

Guiltless Pleasures

Sugar Free Strawberry
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 Orland Park
Monday, February 9, 2026

Salad of the Day

Cucumber and Onion in Sour Cream 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 -

 **Baked Salmon**

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 **Steamed Carrots**

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Cilantro Rice

Desserts

Feature

Lemon Bars

Fruit

 **Fresh Fruit Cup**

Guiltless Pleasures

**Sugar Free Strawberry
Gelatin**

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Main Meal

Brookdale Orland Park

Tuesday, February 10, 2026

Salad of the Day

Marinated Tomato and Onion Salad

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Roast Turkey

Perfectly seasoned slow roasted turkey.

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 Steamed Carrots

Buttered Zucchini with Yellow Squash

Mashed Potatoes and Gravy

 Black Beans

Desserts

Feature

Strawberry Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Orland Park
Wednesday, February 11, 2026

Salad of the Day

Creamy Cole Slaw

Featured Entrees

Country Fried Steak

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

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 Steamed Carrots

Baked Cauliflower

Mashed Potatoes and Gravy

Garden Blend Rice

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Orland Park
Thursday, February 12, 2026

Salad of the Day

Beet and Apple Salad

Featured Entrees

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

Roast Sirloin of Beef

Slow roasted beef sirloin served with au jus.

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 Steamed Broccoli

 Steamed Asparagus

Mashed Potatoes and Gravy

Hush Puppies

Desserts

Feature

Frosted Banana Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lime
Gelatin

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Main Meal

Brookdale Orland Park
Friday, February 13, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 **Steamed Broccoli**

Braised Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Rice Pilaf

Desserts

Feature

Strawberry Ice Cream

Fruit

 **Fresh Fruit Cup**

Guiltless Pleasures

Sugar Free Lime Gelatin

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Main Meal

Brookdale Orland Park
Saturday, February 14, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pan Seared Basa

Basa fillet lightly seasoned and pan seared.

Roast Pork Loin

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

- Always Available -

Baked Salmon

Fillet of salmon topped with a squeeze of lemon juice and baked.

Pasta with Meat Sauce

Rich meat sauce slowly simmered with garlic & herbs served on top of pasta.

Breaded Chicken Sandwich

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

Accompaniments

 Steamed Broccoli

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Classic French Fries

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lime
Gelatin

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