

Main Meal

Brookdale Lakewood AL
Sunday, February 8, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

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.

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added
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 Lakewood AL
Monday, February 9, 2026

Salad of the Day

Mini Caesar Salad

Featured Entrees

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

Turkey Burger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

 Steamed Spinach

Herbed Potatoes

Desserts

Feature

Lime Gelatin

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Lakewood AL
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Baked Chicken Quarters

Lightly seasoned oven baked chicken quarters.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Turkey Burger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Golden Hash Brown Patties

Desserts

Feature

Strawberry and Cream
Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Lakewood AL
Wednesday, February 11, 2026

Salad of the Day

Creamy Cole Slaw

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

- Always Available -

Turkey Burger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Roasted Brussels Sprouts

Mashed Potatoes

Desserts

Feature

Blueberry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Lakewood AL
Thursday, February 12, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Almond Crusted Tilapia

Fillet of tilapia with a parmesan almond crust.

Country Fried Steak

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

- Always Available -

Turkey Burger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

 Steamed Broccoli

Onion Rings

Desserts

Feature

Applesauce Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Lakewood AL
Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Breaded Veal Chop

Pan fried breaded veal chops baked to a golden brown.

 **Turkey Meatloaf**

A blend of turkey and seasonings for a healthy version of an old favorite.

- Always Available -

 **Turkey Burger**

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Zesty Stewed Tomatoes

Northern Beans

Desserts

Feature

Pecan Pie

Fruit

 Fresh Diced Pears and Apples

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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Main Meal

Brookdale Lakewood AL
Saturday, February 14, 2026

Salad of the Day

Cucumber and Onion Salad

Featured Entrees

Southern Fried Chicken

Buttermilk marinated chicken quarters fried to a crispy, golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Turkey Burger

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

Hot Dog

Steamed hot dog served with your choice of condiments.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Accompaniments

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Desserts

Feature

Pumpkin Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Chocolate Ice Cream

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