

Main Meal

Brookdale Derby
Sunday, February 8, 2026

Starters

 Cucumber Salad

Featured Entrees

 **Southwestern Breast of Chicken**
Chicken breast baked with a spicy cornmeal crust.

- Always Available -

 **Chicken Florentine**
Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf
Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod
Battered cod flash fried to a golden brown.

Accompaniments

Oven Roasted Potatoes

 Steamed Green Beans

Desserts

Feature
Banana Cream 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 Derby
Monday, February 9, 2026

Starters

 Summer Tomato Salad

Featured Entrees

Baked Ham

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

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Baked Sweet Potato

 Steamed Broccoli

Desserts

Feature

Lemon Cupcake with
Lemon Frosting

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Derby
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Chicken Divan

Tender chicken baked with broccoli florets in a creamy cheese sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

White Rice

 Steamed Zucchini

Desserts

Feature

Frosted Banana Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Derby

Wednesday, February 11, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 Beef Goulash

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

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Pasta with Tomato Basil Sauce

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Derby
Thursday, February 12, 2026

Starters

 Cucumber Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Tater Tots

 Steamed Chef's Vegetables

Desserts

Feature

Applesauce Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Derby
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Mashed Potatoes

 Steamed Fresh Green Beans

Desserts

Feature

Ice Cream of the Day

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Derby
Saturday, February 14, 2026

Starters

Carrot Raisin Salad

Featured Entrees

Chicken Cordon Bleu

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Cornbread Stuffing

 Steamed Green Peas

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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