

Main Meal

Brookdale Brighton
Sunday, February 8, 2026

Starters

Classic Coleslaw

Featured Entrees

Royal Rub Salmon

Grilled salmon fillet seared with a cayenne curry rub.

- Always Available -

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Couscous with Herbs

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

 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 Brighton
Monday, February 9, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Chili Verde Pork

A Mexican dish of pork loin simmered with tomatillo and peppers.

- Always Available -

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Herbed Potatoes

 **Steamed Spinach**

Desserts

Feature

Chocolate Brownies

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Brighton

Tuesday, February 10, 2026

Starters

Beet Salad

Featured Entrees

Grilled Honey Barbecue Chicken

Grilled chicken breast basted with honey infused barbecue sauce.

- Always Available -

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Baked Beans

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Frosted Banana Cake

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Brighton
Wednesday, February 11, 2026

Starters

Tomato and Crouton Salad

Featured Entrees

Salisbury Steak

Seasoned ground beef steak, baked until tender, for a classic favorite.

- Always Available -

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Mashed Potatoes and Gravy

Roasted Brussels Sprouts

Desserts

Feature

Apple Pie

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Brighton
Thursday, February 12, 2026

Starters

Carrot Raisin Salad

Featured Entrees

Chicken Cordon Bleu

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

- Always Available -

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Oven Brown Potatoes

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Peanut
Butter Cake

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Brighton
Friday, February 13, 2026

Starters

Mini Caesar Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

- Always Available -

 **Memphis Rubbed Chicken**

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Rice Pilaf

 Steamed Broccoli

Desserts

Feature

Fruited Gelatin

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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Main Meal

Brookdale Brighton
Saturday, February 14, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

Accompaniments

Mashed Sweet Potatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

 Fresh Assorted Melons

Guiltless Pleasures

Light Ice Cream
Novelty

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