

## 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 -

#### ④ 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 ④ Optimum Life Cuisine Option

## Desserts

### Feature

Apple Pie

### Fruit

④ Fresh Assorted Melons

### Guiltless Pleasures

Light Ice Cream  
Novelty

④ 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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