

## Main Meal

Brookdale East Niskayuna  
Sunday, February 8, 2026

## Starters

Mediterranean Salad

## Featured Entrees

### **Roast Beef with Au Jus**

Seasoned beef, slow roasted until tender, served with Au Jus.

### - 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

Garlic Mashed Potatoes

Cream Style Corn

## Desserts

### Feature

Mini Vanilla 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 East Niskayuna  
Monday, February 9, 2026

## Starters

Fall Salad

## Featured Entrees

### **BBQ Pulled Pork**

Slow cooked pork, shredded and served in BBQ 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

Sweet Potato Casserole

Roasted Broccoli

## Desserts

### Feature

Strawberry Jell-O  
Shooter

### Fruit

 Chilled Pears

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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## Main Meal

Brookdale East Niskayuna  
Tuesday, February 10, 2026

## Starters

Mixed Green Salad

## Featured Entrees

### **Italian Baked Chicken**

Baked chicken quarters coated with a parmesan bread crumb 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

Pasta with Tomato Basil Sauce

Italian Style California Blend

## Desserts

### Feature

Lemon Cake

### Fruit

 Fresh Apple Slices

### Guiltless Pleasures

Reduced Sugar Frosted  
Yellow Cake

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## Main Meal

Brookdale East Niskayuna  
Wednesday, February 11, 2026

### **Starters**

Tossed Garden Salad

### **Featured Entrees**

#### **Country Style Meatloaf**

Classic ground beef and pork meatloaf, topped with ketchup.

#### **- 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 and Gravy

Ⓐ Roasted Fresh Green Beans and Red Peppers

### **Desserts**

#### **Feature**

Mini Banana Pudding  
Pie

#### **Fruit**

Ⓐ Chilled Peaches

#### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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## Main Meal

Brookdale East Niskayuna  
Thursday, February 12, 2026

## **Starters**

Italian 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**

White Rice

⌚ Steamed Spinach

## **Desserts**

### **Feature**

Angel Food Cake

### **Fruit**

⌚ Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana  
Layer Cake



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## Main Meal

Brookdale East Niskayuna

Friday, February 13, 2026

## **Starters**

**Tossed Iceberg Salad**

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Entrees**

**Friday Fish Fry**

Fresh catch of the day, breaded and deep fried to a light golden brown.

### **- 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**

**French Fried Potatoes**

**Creamy Cole Slaw**

## **Desserts**

### **Feature**

Raspberry Sorbet

### **Fruit**

 Fresh Diced Pears  
and Apples

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale East Niskayuna  
Saturday, February 14, 2026

## **Starters**

Greek Salad

## **Featured Entrees**

### **Roast Chicken**

Perfectly seasoned oven roasted chicken quarters.

### **- 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**

Homestyle Bread Stuffing

#### **Sauteed Green Peas**

Item can be prepared as an ⌚ Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Mini Butterscotch Pie

### **Fruit**

⌚ Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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