

## 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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