

Main Meal

Brookdale Kenmore AL
Sunday, February 8, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Blueberry Pie

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Angel
Food Cake

 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 Kenmore AL
Monday, February 9, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed California Mix

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

 Mashed Sweet Potatoes

 Stir Fried Barley

Desserts

Feature

Butterscotch Pudding

Fruit

 Orange Segments

Guiltless Pleasures

Light Ice Cream Novelty

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Main Meal

Brookdale Kenmore AL
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

Veal Parmesan

Breaded veal cutlet, baked with mozzarella cheese and tomato sauce.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Oven Roasted Potatoes

Desserts

Feature

Grandmother's Cake

Fruit

 Fruit Cocktail

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Kenmore AL
Wednesday, February 11, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed Brussels Sprouts

 Steamed Cauliflower

Mashed Potatoes and Gravy

Garden Blend Rice

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Light Ice Cream Novelty

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Main Meal

Brookdale Kenmore AL
Thursday, February 12, 2026

Salad of the Day

Marinated Vegetable Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Mediterranean Pasta Salad

Parslied New Potatoes

Desserts

Feature

Banana Bundt Cake

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Kenmore AL
Friday, February 13, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Friday Fish Fry

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

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Zesty Stewed Tomatoes

Buttered Italian Mix

Item can be prepared as an  Optimum Life Cuisine Option

French Fried Potatoes

 Baked Sweet Potato

Desserts

Feature

Mint Chocolate Chip Ice
Cream

Fruit

 Tropical Fruit

Guiltless Pleasures

Light Ice Cream Novelty

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Main Meal

Brookdale Kenmore AL
Saturday, February 14, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Chicken Cordon Bleu

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

Prime Rib

Slow roasted seasoned rib roast served with natural juices.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Tuna Salad Sandwich

Homemade tuna salad served on white bread.

Accompaniments

Almondine Style Asparagus

Braised Red Cabbage

Au Gratin Potatoes

 Baked Potato

Desserts

Feature

Chocolate Cream Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Applesauce Spice Bars

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