

Main Meal

Brookdale Manlius  
Sunday, February 8, 2026

## Salad of the Day

Beet and Apple Salad

## Featured Entrees

 **Cornflake Chicken**

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

**Swedish Meatloaf with Cream Sauce**

Seasoned ground turkey and beef loaf, served in a rich cream sauce.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

## Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

## Desserts

**Feature**

Spiced Pear Crostata

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Pudding

 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 Manlius  
Monday, February 9, 2026

## Salad of the Day

Carrot Raisin Salad

## Featured Entrees

### Seasoned Baked Pork Chops

Baked pork chop encrusted with a ginger-cayenne breading.

### Orange Glazed Chicken Thighs

Bone-in chicken thighs baked with a tangy orange glaze.

### - Always Available -

#### Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

### Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

## Accompaniments

 Steamed Spinach

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

 Stir Fried Barley

## Desserts

### Feature

Chocolate Cupcake with  
Peanut Butter Chocolate  
Frosting

### Fruit

 Chilled Pears

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Manlius

Tuesday, February 10, 2026

**Salad of the Day**

Vegetable Salad with Sesame Dressing

**Featured Entrees**

 **Miso Glazed Tuna**

Asian style glazed tuna fillet finished with toasted sesame seeds.

**Mapo Tofu**

Stir fried tofu and ground pork in a chili bean sauce.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Accompaniments**

**Sauteed Yellow Squash**

Item can be prepared as an  Optimum Life Cuisine Option

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

**Fried Rice**

**Oven Roasted Potatoes**

**Desserts**

**Feature**

Tropical Pineapple Cake

**Fruit**

 Fresh Apple Slices

**Guiltless Pleasures**

Sugar Free Cherry Gelatin

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Main Meal

Brookdale Manlius

Wednesday, February 11, 2026

**Salad of the Day**

Tossed Green Salad

**Featured Entrees**

**Pot Roast with Gravy**

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

 **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Accompaniments**

Roasted Carrots and Grapes

Baked Cauliflower

Mashed Potatoes

Garden Blend Rice

**Desserts**

**Feature**

Apple Pie

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

Sugar Free Lemon  
Gelatin

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Main Meal

Brookdale Manlius

Thursday, February 12, 2026

**Salad of the Day**

Triple Bean Salad

**Featured Entrees**

 **Sauteed Mediterranean Chicken**

Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

**Pork Loin with Orange Marmalade Demi Glace Sauce**

Tender roasted pork with an orange marmalade demi glace sauce.

**- Always Available -**

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Accompaniments**

 Steamed Butternut Squash

Roasted Rutabaga, Leeks and Carrots

 Baked Potato

Parslied New Potatoes

**Desserts**

**Feature**

Carrot and Orange  
Cupcake

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Manlius  
Friday, February 13, 2026

## Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

**Irish Lamb Stew**

Diced lamb simmered in a rich broth with onions, leeks and potatoes.

 **Tilapia with Citrus Vinaigrette**

Pan seared tilapia with a citrus white wine shallot sauce.

### - Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

## Accompaniments

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Orzo Pilaf

 Baked Potato

## Desserts

Feature

Orange Sherbet

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Sugar Free Strawberry Gelatin

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Main Meal

Brookdale Manlius  
Saturday, February 14, 2026

## **Salad of the Day**

Tomato Basil Salad

## **Featured Entrees**

### **Pub Battered Cod**

Battered and fried fish fillet.

### **Spicy Glazed Pork Cubes**

Tender pork loin cubes simmered with onions in a zesty citrus sauce.

### **- Always Available -**

### **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

### **Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

## **Accompaniments**

 Steamed Corn

Braised Red Cabbage

Potato Wedges

Wild Rice Blend

## **Desserts**

### **Feature**

Mixed Berry Pie

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

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