

Main Meal

Brookdale Altamonte Springs

Sunday, February 8, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Cornflake Chicken

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

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Buttermilk 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 Altamonte Springs

Monday, February 9, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

- Always Available -

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 **Steamed Spinach**

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 **Stir Fried Barley**

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Altamonte Springs

Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

Veal Italiano

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

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

Hush Puppies

Oven Roasted Potatoes

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Altamonte Springs
Wednesday, February 11, 2026

Salad of the Day

Vegetable Crudites with Cheese Plate

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 -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Altamonte Springs

Thursday, February 12, 2026

Salad of the Day

Marinated Artichoke 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 -

 **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 **Steamed Butternut Squash**

 **Fresh Vegetable Blend**

Orzo Pilaf

Parslied New Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

 **Fresh Fruit Bowl**

Guiltless Pleasures

Reduced Sugar
Chocolate Banana Layer
Cake

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Main Meal

Brookdale Altamonte Springs

Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

 Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

 Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears and
Apples

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Altamonte Springs

Saturday, February 14, 2026

Salad of the Day

Greek Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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