

Main Meal

Brookdale Mandarin

Sunday, February 8, 2026

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

**Famous Fried Chicken**

Boneless breast of chicken hand breaded and fried to golden brown.

**Pot Roast with Gravy**

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

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Corn

 Steamed Carrots

Mashed Potatoes and Gravy

Field Peas

**Desserts**

**Feature**

Banana Cream Pie

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

Reduced Sugar Vanilla  
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 Mandarin

Monday, February 9, 2026

**Salad of the Day**

Pickled Beets Salad

**Featured Entrees**

 **Spice Rubbed Pork Chops**

Boneless pork chop rubbed with cumin, paprika and chili powder.

**Lemon Grilled Chicken**

Grilled chicken quarters in a lemon garlic marinade.

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Spinach

 Steamed Yellow Squash

 Spanish Rice

 Baked Potato

**Desserts**

**Feature**

Lemon Bars

**Fruit**

 Chilled Diced Peaches

**Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Mandarin

Tuesday, February 10, 2026

**Salad of the Day**

Mini Caesar Salad

**Featured Entrees**

 **Grilled Salmon**

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

 **Veal Italiano**

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

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Zucchini

 Steamed Green Beans

 Pasta with Tomato Basil Sauce

Oven Roasted Potatoes

**Desserts**

**Feature**

Sponge Cake with  
Strawberries

**Fruit**

 Pineapple Chunks

**Guiltless Pleasures**

Reduced Sugar Angel  
Food Cake

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Main Meal

Brookdale Mandarin

Wednesday, February 11, 2026

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

**Liver and Onions**

Beef liver smothered in sauteed onions and baked in the oven.

 **Herb Marinated Breast of Chicken**

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

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Brussels Sprouts

 Steamed California Mix

 Pan Roasted Potatoes

Garden Blend Rice

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Fresh Blueberries

**Guiltless Pleasures**

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Mandarin

Thursday, February 12, 2026

**Salad of the Day**

Marinated Artichoke Salad

**Featured Entrees**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Boiled Corned Beef and Cabbage**

Tender sliced corned beef boiled with cabbage.

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Butternut Squash

 Boiled Corn on the Cob

 Steamed Brown Rice

 Black Eyed Peas

**Desserts**

**Feature**

Chocolate Cake

**Fruit**

 Tropical Fruit

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Pudding

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Main Meal

Brookdale Mandarin  
Friday, February 13, 2026

## Salad of the Day

Classic Coleslaw

## Featured Entrees

### Friday Fish Fry

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

### Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

### - Always Available -

#### Vegetarian Pinto Beans with Vegetables

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

### Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

### Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

## Accompaniments

Okra and Tomatoes

 Steamed Spinach

Homestyle Cheese Grits

 Baked Sweet Potato

## Desserts

### Feature

Classic Tiramisu

### Fruit

 Fresh Strawberries

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Mandarin

Saturday, February 14, 2026

**Salad of the Day**

Potato Salad

**Featured Entrees**

**Crab Cake**

A fried cake of crabmeat, bread crumbs, onion and chiles.

 **Sauteed Pork Chop**

Lean boneless pork chops lightly seasoned and sauteed in olive oil.

**- Always Available -**

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Cheeseburger**

All beef patty with melted American cheese and your choice of condiments.

**Accompaniments**

 Steamed Broccoli

 Steamed Zucchini

Sweet Potato Waffle Fries

 Roasted Italian Herb Potatoes

**Desserts**

**Feature**

Coconut Cream Pie

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Reduced Sugar Angel  
Food Cake

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