

Main Meal

Brookdale New Hope  
Sunday, February 8, 2026

## **Starters**

Cucumber Salad

## **Featured Entrees**

**Herb Roasted Chicken**

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

### **- Always Available -**

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

Noodles with Alfredo Sauce

 **Steamed Green Beans**

## **Desserts**

### **Feature**

Banana Cream Pie

### **Fruit**

 Pineapple Chunks

### **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 New Hope  
Monday, February 9, 2026

## **Starters**

Tomato, Mozzarella and Basil Salad

## **Featured Entrees**

### **Pork Stew**

A combination of tender pork, onions, celery, carrots and potatoes.

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

### **Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

White Rice

 **Steamed Brussels Sprouts**

## **Desserts**

### **Feature**

Lemon Bars

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Pudding

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Main Meal

Brookdale New Hope  
Tuesday, February 10, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 Pecan Crusted Catfish

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

### **- Always Available -**

 Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Tiramisu Poke Cake

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale New Hope  
Wednesday, February 11, 2026

## **Starters**

Vegetable Crudites with Cheese Plate

## **Featured Entrees**

### **Pot Roast with Gravy**

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

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

### **Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

Anna Potatoes

Roasted Brussels Sprouts

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Fruit Cocktail

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale New Hope  
Thursday, February 12, 2026

## **Starters**

Marinated Artichoke Salad

## **Featured Entrees**

**Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

### **- Always Available -**

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

Orzo Pilaf

 **Steamed Butternut Squash**

## **Desserts**

### **Feature**

Banana Foster Cake

### **Fruit**

Chilled Applesauce

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana  
Layer Cake

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## Main Meal

Brookdale New Hope  
Friday, February 13, 2026

### **Starters**

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.

### **- Always Available -**

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

### **Accompaniments**

Northern Beans

Zesty Stewed Tomatoes

### **Desserts**

#### **Feature**

Pecan Praline Ice  
Cream

#### **Fruit**

 Mandarin Oranges

#### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale New Hope  
Saturday, February 14, 2026

## **Starters**

Greek Salad

## **Featured Entrees**

### **Turkey Fillet with Peppercorn Sauce**

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

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

### **Breaded Chicken Sandwich**

Lightly breaded chicken served on a bun with fresh sliced tomato and onion.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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