

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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