

Main Meal

Brookdale Lake Mary
Sunday, February 8, 2026

Salad of the Day

Mixed Green 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 -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

Accompaniments

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Buttermilk Pie

Fruit

 Fresh Fruit Cup

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 Lake Mary
Monday, February 9, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

Barley Pilaf

Desserts

Feature

Lemon Bars

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lake Mary

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 -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

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 Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lake Mary
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 -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Fingerling Potatoes with Fresh Herbs

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lake Mary
Thursday, February 12, 2026

Salad of the Day

Mixed Green 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 -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Parslied New Potatoes

Creamy Baked Mashed Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lake Mary
Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Friday Fish Fry

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

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

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 Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lake Mary
Saturday, February 14, 2026

Salad of the Day

Mixed Green 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 -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Meatball Hero Sandwich

Italian meatballs, marinara sauce & mozzarella cheese on a crusty roll.

Chicken and Waffles with Syrup

Golden baked breaded chicken and waffles served with syrup.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Couscous

Desserts

Feature

French Silk Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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