

Main Meal

Brookdale Lake Tavares
Sunday, February 8, 2026

Starters

Mixed Green Salad

Featured Entrees

Oven Fried Chicken Thighs

Golden crispy-coated oven fried bone-in chicken thighs.

- Always Available -

 **Sauteed Pork Chop**

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Whipped Potatoes

Buttered Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple 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 Lake Tavares
Monday, February 9, 2026

Starters

Mixed Green Salad

Featured Entrees

Polish Sausage

Polish sausage links simmered with onions and seasonings.

- Always Available -

Sauteed Pork Chop

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

White Rice

 Steamed Broccoli

Desserts

Feature

Bread Pudding

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Lake Tavares
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

- Always Available -

 **Sauteed Pork Chop**

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Mashed Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Lake Tavares
Wednesday, February 11, 2026

Starters

Mixed Green Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

- Always Available -

Sautéed Pork Chop

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Macaroni and Cheese

Sautéed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Lake Tavares
Thursday, February 12, 2026

Starters

Mixed Green Salad

Featured Entrees

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

- Always Available -

 **Sauteed Pork Chop**

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Broccoli**

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Lake Tavares
Friday, February 13, 2026

Starters

Mixed Green Salad

Featured Entrees

Friday Fish Fry

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

- Always Available -

 Sautéed Pork Chop

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

French Fried Potatoes

 Steamed Green Peas

Desserts

Feature

Ice Cream Sundae

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Lake Tavares
Saturday, February 14, 2026

Starters

Mixed Green Salad

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Sauteed Pork Chop**

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

Egg Salad Plate

Classic egg salad served on a bed of lettuce.

Spaghetti with Meat Sauce

Al dente spaghetti served with homemade meat sauce.

Accompaniments

Cornbread Stuffing

 **Steamed California Mix**

Desserts

Feature

Water Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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