

Main Meal

Brookdale Country Day Road

Sunday, February 8, 2026


Starters

 Cucumber Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Macaroni and Cheese

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Coconut Meringue 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 Country Day Road

Monday, February 9, 2026

Starters

Pickled Beets Salad

Featured Entrees

Traditional Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Pinto Beans

Chef's Southern Style Greens

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Country Day Road

Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Baked Beans

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pineapple Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Country Day Road
Wednesday, February 11, 2026

Starters

Tomato Wedges

Featured Entrees

Lois Reids Special Meat Loaf

A baked loaf of ground beef, oatmeal, and seasonings.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Mashed Potatoes and Gravy

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Country Day Road

Thursday, February 12, 2026

Starters

Tangy Three Bean Salad

Featured Entrees

Prime Rib

Slow roasted seasoned rib roast served with natural juices.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Baked Sweet Potatoes with Caramel

 **Steamed Acorn Squash**

Desserts

Feature

Banana Cream Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Country Day Road

Friday, February 13, 2026

Starters

Cole Slaw

Featured Entrees

Friday Fish Fry

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

- Always Available -



Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

French Fried Potatoes

Zesty Stewed Tomatoes

Desserts

Feature

Pecan Pie

Fruit



Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Country Day Road
Saturday, February 14, 2026

Starters

Carrot Raisin Salad

Featured Entrees

Ricardo's Crab Cakes

A fried cake of crab meat, bread crumbs, bell peppers and seasonings.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Jumbo All Beef Hot Dog

Steamed beef hot dog served on a warm bun with your choice of condiments.

Accompaniments

Onion Rings

Scalloped Broccoli

Desserts

Feature

Tiger Brownie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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