

Main Meal

Brookdale Salina Kirwin
Sunday, February 8, 2026

Starters

Mixed Green Salad

Featured Entrees

Catfish Nuggets

Bite size catfish pieces flash fried to golden brown.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Rice Blend

Classic Coleslaw

Desserts

Feature

Dutch 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 Salina Kirwin
Monday, February 9, 2026

Starters

Tomato Basil Salad

Featured Entrees

Seasoned Baked Pork Chops

Baked pork chop encrusted with a ginger-cayenne breading.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Mashed Potatoes and Gravy

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pear Cobbler

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Salina Kirwin
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Homestyle Bread Stuffing

Scalloped Green Beans

Desserts

Feature

Peach Parfait

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Salina Kirwin
Wednesday, February 11, 2026

Starters

Pickled Beets Salad

Featured Entrees

Stuffed Cabbage

Cabbage leaves filled with beef and rice, baked in a zesty tomato sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Fluffy White Rice

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Salina Kirwin
Thursday, February 12, 2026

Starters

Mixed Green Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Onion Rings

 Steamed Corn

Desserts

Feature

Blueberry Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Salina Kirwin
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Northern Beans

Zesty Stewed Tomatoes

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Salina Kirwin
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 Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Accompaniments

Mashed Potatoes

Scalloped Broccoli

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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