

Main Meal

Brookdale Salisbury
Sunday, February 8, 2026

Starters

 Cucumber Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Sweet Potato Casserole

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Cobbler

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 Salisbury
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Pan Fried Pork Chops

Lightly seasoned bone-in pork chops pan fried then baked until tender.

- Always Available -

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Pinto Beans

Sauteed Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

 Pineapple Delight
Square

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Vanilla
Wafers

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Salisbury
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Breaded Flounder Fillets**

Cornmeal breaded flounder fillet baked to perfection.

- Always Available -

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Hush Puppies

Sauteed Fresh Vegetable Blend

Desserts

Feature

Strawberry Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Salisbury
Wednesday, February 11, 2026

Starters

Tomato and Cucumber Salad

Featured Entrees

Midwest Meatloaf

Traditional meatloaf topped with a mushroom gravy sauce.

- Always Available -

Vegetarian Pinto Beans with Vegetables

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Collard Greens

Desserts

Feature

Chocolate Chip Cookie
Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Salisbury
Thursday, February 12, 2026

Starters

Tomato and Cucumber Plate

Featured Entrees

 **Baked Pollock**

Fillet of pollock baked in the oven and topped with a squeeze of lemon juice.

- Always Available -

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Quinoa with Mushrooms and Herbs

 **Steamed Acorn Squash**

Desserts

Feature

Pound Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Salisbury
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Traditional Corned Beef and Cabbage

Tender slices of corned beef brisket served with boiled cabbage.

- Always Available -

 **Vegetarian Pinto Beans with Vegetables**

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Pinto Beans

Zesty Stewed Tomatoes

Desserts

Feature

Frosted White Cupcake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Vanilla
Wafers

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Main Meal

Brookdale Salisbury
Saturday, February 14, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

- Always Available -

Vegetarian Pinto Beans with Vegetables

A hearty vegetarian stew of beans, carrots, potatoes and mushrooms.

Bologna and Cheese Sandwich

Bologna and cheddar cheese served on soft bread with lettuce & tomato.

Macaroni and Beef Casserole

Tender macaroni baked with ground beef, Italian sausage and tomato sauce.

Accompaniments

Old Fashioned Potato Salad

Scalloped Broccoli

Desserts

Feature

German Chocolate
Cupcakes

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Cake

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