

Main Meal

Brookdale High Point
Sunday, February 8, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

French Fried Potatoes

Creamy Cole Slaw

Desserts

Feature

Lemon Meringue Pie

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

 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 High Point
Monday, February 9, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

Mashed Sweet Potatoes

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pumpkin Pie

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale High Point
Tuesday, February 10, 2026

Starters

Tossed Iceberg Salad

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Featured Entrees

Chicken Thighs Dijon

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

Parslied Buttered Noodles

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pound Cake

Fruit

 Fresh Pineapple
Cubes

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale High Point
Wednesday, February 11, 2026

Starters

Tossed Iceberg Salad

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Featured Entrees

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

 **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

Oven Roasted Potatoes

Lemon Butter California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Cobbler

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale High Point
Thursday, February 12, 2026

Starters

Tossed Iceberg Salad

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Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

Wild Rice Blend

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cheesecake with
Cherry Topping

Fruit

 Pineapple Chunks

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale High Point
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

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Featured Entrees

Friday Fish Fry

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

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

French Fried Potatoes

Classic Coleslaw

Desserts

Feature

Lemon Bars

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale High Point
Saturday, February 14, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Cheese Personal Pizza

Oven baked personal size pizza crust topped with cheese.

Accompaniments

Mashed Potatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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