

Main Meal

Brookdale Forest City  
Sunday, February 8, 2026

## **Starters**

Cranberry Pineapple Gelatin Salad

## **Featured Entrees**

**Roast Turkey Breast**

Slow roasted lightly seasoned turkey breast.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Sweet Potato Casserole

**Buttered Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Buttermilk Pie

### **Fruit**

 Fresh Melon Cup

### **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 Forest City  
Monday, February 9, 2026

## **Starters**

Cucumber Salad

## **Featured Entrees**

**Creamy Mushroom Pork Chops**

Sautéed pork chops served with a light creamy mushroom sauce.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Macaroni and Cheese

Glazed Butternut Squash

## **Desserts**

### **Feature**

Frosted Brownie

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Forest City  
Tuesday, February 10, 2026

## **Starters**

Beet Salad

## **Featured Entrees**

**Roast Beef with Au Jus**

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

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Mashed Potatoes

Sauteed Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Vanilla Cream Cake

### **Fruit**

 Fresh Apple Slices

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Forest City  
Wednesday, February 11, 2026

## **Starters**

Classic Pea Salad

## **Featured Entrees**

**Pot Roast with Gravy**

Beef roast slow cooked until tender, served with a rich gravy.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Potatoes Roasted with Garlic

**Buttered Carrots**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Forest City  
Thursday, February 12, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

### **- Always Available -**

 Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Grilled Two Cheese Sandwich

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Noodles with Alfredo Sauce

 Steamed Broccoli

## **Desserts**

### **Feature**

Angel Food Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Forest City  
Friday, February 13, 2026

## **Starters**

Potato Salad

## **Featured Entrees**

### **Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

### **- Always Available -**

#### **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

#### **Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

#### **Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Baked Beans

Potato Salad

## **Desserts**

### **Feature**

Vanilla Ice Cream with  
Oreo Cookie Topping

### **Fruit**

 Fresh Diced Pears  
and Apples

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Forest City  
Saturday, February 14, 2026

## **Starters**

Tangy Three Bean Salad

## **Featured Entrees**

**Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Ham and Cheese Sandwich**

Sliced ham with American cheese, lettuce and tomato served on white bread.

**Grilled Two Cheese Sandwich**

Colby jack and cheddar cheese grilled on white bread.

## **Accompaniments**

Whipped Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

Eclair

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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