

Main Meal

Brookdale Burlington AL
Sunday, February 8, 2026

Starters

Tossed Garden Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

French Fried Potatoes

 **Steamed Green Beans**

Desserts

Feature

Buttermilk 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 Burlington AL
Monday, February 9, 2026

Starters

Tossed Garden Salad

Featured Entrees

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**


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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 **Black Eyed Peas**

 **Steamed Turnip Greens**

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

 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 Burlington AL
Tuesday, February 10, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Creamy Macaroni Salad

 Tossed Sliced Tomato

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

 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 Burlington AL
Wednesday, February 11, 2026

Starters

Tossed Garden Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Mashed Potatoes

 Steamed Spinach

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 Burlington AL
Thursday, February 12, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Chicken Stir Fry**

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

 **Steamed Chef's Vegetables**

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

 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 Burlington AL
Friday, February 13, 2026

Starters

Tossed Garden Salad

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy

Classic roasted turkey served with herb stuffing and turkey gravy.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.


Accompaniments

Cornbread Stuffing

 **Steamed Green Peas**

Desserts

Feature

 Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

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 Burlington AL
Saturday, February 14, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Baked Cod**

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

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

 **Baked Cod**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Wild Rice Blend

 **Steamed Broccoli**

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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

We invite you to share your comments with your Dining Leaders.

