

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

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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

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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.

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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



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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

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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

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