

## Main Meal

### Brookdale Concord Parkway

Sunday, February 8, 2026

## **Starters**

Bacon Ranch Pea Salad

## **Featured Entrees**

### **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

### **- Always Available -**

### **Bistro Flank Steak Sandwich**

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

### **BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

## **Accompaniments**

Parmesan Noodles

Cream Style Corn

## **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 Concord Parkway

Monday, February 9, 2026

## **Starters**

Fresh Vegetable Salad

## **Featured Entrees**

### **Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

### **- Always Available -**

#### **⌚ Bistro Flank Steak Sandwich**

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

#### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

#### **BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

## **Accompaniments**

Herbed Potatoes

⌚ Steamed Spinach

## **Desserts**

### **Feature**

Lemon Bars

### **Fruit**

⌚ Chilled Pears

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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## Main Meal

Brookdale Concord Parkway  
Tuesday, February 10, 2026

## Starters

Mixed Green Salad

## Featured Entrees

### **Pecan Crusted Catfish**

Flaky white catfish lightly coated with a pecan crust and oven baked.

### - Always Available -

### **Bistro Flank Steak Sandwich**

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

### **BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

## Accompaniments

Hush Puppies

### **Sauteed Zucchini**

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Tiramisu Poke Cake

### Fruit

 Fresh Apple Slices

### Guiltless Pleasures

Reduced Sugar Frosted  
Yellow Cake

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## Main Meal

Brookdale Concord Parkway  
Wednesday, February 11, 2026

## Starters

Vegetable Crudites with Cheese Plate

## Featured Entrees

### Pot Roast with Gravy

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

### - Always Available -

#### ⌚ Bistro Flank Steak Sandwich

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

#### Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

#### BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

## Accompaniments

Anna Potatoes

Roasted Brussels Sprouts

## Desserts

### Feature

Cherry Pie

### Fruit

⌚ Chilled Peaches

### Guiltless Pleasures

Reduced Sugar Cherry Pie

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## Main Meal

Brookdale Concord Parkway  
Thursday, February 12, 2026

## Starters

Marinated Artichoke Salad

## Featured Entrees

### Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

### - Always Available -

#### ⌚ Bistro Flank Steak Sandwich

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

#### Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

#### BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

## Accompaniments

Parslied New Potatoes

⌚ Steamed Butternut Squash

## Desserts

### Feature

Banana Foster Cake

### Fruit

⌚ Fresh Fruit Bowl

### Guiltless Pleasures

Reduced Sugar  
Chocolate Banana  
Layer Cake



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## Main Meal

### Brookdale Concord Parkway

Friday, February 13, 2026

## **Starters**

### Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## **Featured Entrees**

### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

### **- Always Available -**

#### Bistro Flank Steak Sandwich

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

#### Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

#### BLT Turkey Club

Crisp bacon, turkey, lettuce and tomato served on white bread.

## **Accompaniments**

### Northern Beans

### Zesty Stewed Tomatoes

## **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 Concord Parkway  
Saturday, February 14, 2026

## Starters

Greek Salad

## Featured Entrees

### **Turkey Fillet with Peppercorn Sauce**

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

### - Always Available -

#### **Bistro Flank Steak Sandwich**

Flank steak, served with roasted garlic mayonnaise on whole wheat bread.

#### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

#### **BLT Turkey Club**

Crisp bacon, turkey, lettuce and tomato served on white bread.

## Accompaniments

Mashed Potatoes

Scalloped Broccoli

## Desserts

### Feature

French Silk Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie

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