

Main Meal

Brookdale Monroe Square MC

Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Oven Fried Chicken Thighs

Golden crispy-coated oven fried bone-in chicken thighs.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Macaroni and Cheese

Okra and Tomatoes

Desserts

Feature

Cherry 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 Monroe Square MC

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 -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Pinto Beans

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Monroe Square MC

Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Salmon Croquettes

A lightly crusted flaked salmon cake fried to a golden brown.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Yellow Rice

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Spice Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Monroe Square MC
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Midwest Meatloaf

Traditional meatloaf topped with a mushroom gravy sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Anna Potatoes

Broccoli Casserole

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Monroe Square MC

Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Au Gratin 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 Monroe Square MC

Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Ham Loaf

The blend of ham, pork and seasonings with a horseradish sauce.

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Baked Beans

Vegetable Salad with Sesame Dressing

Desserts

Feature

Ice Cream Sandwich

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Monroe Square MC
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Chicken Francaise

Pan fried chicken breast served with a light white wine lemon sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Hot Dog

Steamed hot dog served with your choice of condiments.

Accompaniments

Mashed Potatoes

 Grilled Vegetables

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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