

Main Meal

Brookdale Medina South
Sunday, February 8, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Stuffed Cabbage

Cabbage leaves filled with beef and rice, baked in a zesty tomato sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Cream Style Corn

Cream Style Corn

Mashed Potatoes and Gravy

Mashed Potatoes and Gravy

Desserts

Feature

Strawberry Rhubarb Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

 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 Medina South
Monday, February 9, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers
Pork medallions with Grand Marnier demi glace.

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Spinach

 Steamed Spinach

Herbed Potatoes

Herbed Potatoes

Desserts

Feature

Strawberry Gelatin

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Medina South
Tuesday, February 10, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

Veal Paprika

Tender pieces of veal seasoned with paprika in a sour cream sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Chef's Vegetables

 Steamed Chef's Vegetables

Roasted Red Skin Potatoes

Roasted Red Skin Potatoes

Desserts

Feature

Gelatin Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Medina South
Wednesday, February 11, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Mashed Potatoes and Gravy

Desserts

Feature

Apple Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Medina South
Thursday, February 12, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Chicken Schnitzel

Breaded chicken breast sautéed and served with lemon caper sauce.

Beef Stir Fry

Tender pieces of beef and vegetables stir-fried in a ginger soy sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Steamed Brussels Sprouts

 Steamed Brussels Sprouts

Macaroni and Cheese

White Rice

Desserts

Feature

Frosted Banana Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Medina South
Friday, February 13, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Sauteed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Wild Rice Blend

Wild Rice Blend

Desserts

Feature

Butter Pecan Ice Cream

Fruit

Chilled Applesauce

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Medina South
Saturday, February 14, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Cranberry and Honey Glazed Chicken

Chicken breast baked with a honeyed cranberry glaze.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Grilled Ham and Cheese Sandwich

Sliced ham with American cheese grilled on wheat bread.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Classic Coleslaw

Classic Coleslaw

French Fried Potatoes

French Fried Potatoes

Desserts

Feature

Banana Cream Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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