

Main Meal

Brookdale Oklahoma City SW

Sunday, February 8, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Cornflake Chicken**

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Orzo Pilaf

 **Steamed Chef's Mixed Vegetables**

Desserts

Feature

Apple 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 Oklahoma City SW

Monday, February 9, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 **Sauteed Pork Chop**

Lean boneless pork chops lightly seasoned and sauteed in olive oil.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Herbed Potatoes

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Gelatin

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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

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Main Meal

Brookdale Oklahoma City SW

Tuesday, February 10, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Egg Noodles

Roasted Cauliflower

Desserts

Feature

Chocolate Peanut
Butter Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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

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Main Meal

Brookdale Oklahoma City SW
Wednesday, February 11, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Mashed Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Peach Cobbler

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Oklahoma City SW

Thursday, February 12, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Oven Baked Fried Chicken**

Crispy coated boneless breast of chicken baked in the oven until golden.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Whipped Potatoes

 **Steamed Green Beans**

Desserts

Feature

Banana Cream Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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

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Main Meal

Brookdale Oklahoma City SW

Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

 Applesauce Pork Chop

Lean bone-in pork chop topped with applesauce and cinnamon and baked.

- Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Sweet Potato Casserole

Sauteed Okra and Tomatoes

Desserts

Feature

Yellow Cupcake with
Buttercream Frosting

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Oklahoma City SW

Saturday, February 14, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Pasta Salad

Scalloped Broccoli

Desserts

Feature

Apple 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.

