

## 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

### Sautéed Pork Chop

Lean boneless pork chops lightly seasoned and sautéed 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

### Sautéed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Cherry Gelatin

### Fruit

 Chilled Pears

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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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

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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



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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

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