

Main Meal

Brookdale Stillwater
Sunday, February 8, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Rice Blend

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Cobbler

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 Stillwater
Monday, February 9, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

St. Louis Pork Ribs

Pork spareribs cooked until tender then smothered in barbecue sauce.

- Always Available -

⌚ Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Herbed Potatoes

Glazed Carrots

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Desserts

Feature

Lemon Pudding

Fruit

⌚ Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

⌚ 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 Stillwater
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Macaroni and Cheese

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Frosted Banana Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

 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 Stillwater
Wednesday, February 11, 2026

Starters

Tomato and Onion Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

⌚ Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Boiled Parslied Potatoes

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Sauteed California Mix

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Desserts

Feature

Cherry Cobbler

Fruit

⌚ Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry Pie

⌚ 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 Stillwater
Thursday, February 12, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

BBQ Chicken

Oven roasted chicken quarters basted with tangy barbecue sauce.

- Always Available -

⌚ Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Old Fashioned Potato Salad

⌚ Steamed Chef's Fresh Vegetables

Desserts

Feature

Applesauce Cake

Fruit

⌚ Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake



⌚ 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 Stillwater
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 -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Northern Beans

Scalloped Broccoli

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

 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 Stillwater
Saturday, February 14, 2026

Starters

Mixed Green Salad with Dressing

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Mashed Potatoes

Sauteed Vegetable Blend

Desserts

Feature

Chocolate Cream 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.

