

Main Meal

Brookdale Troutdale  
Sunday, February 8, 2026

## **Starters**

Bacon Ranch Pea Salad

## **Featured Entrees**

 **Cornflake Chicken**

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

**- 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**

Parmesan Noodles

Cream Style Corn

## **Desserts**

**Feature**

Buttermilk 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 Troutdale  
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.

**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

 Steamed Spinach

## **Desserts**

### **Feature**

Lemon Bars

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Troutdale  
Tuesday, February 10, 2026

## Starters

Mixed Green Salad

## Featured Entrees

 Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

### - 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

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Tiramisu Poke Cake

### Fruit

 Fresh Apple Slices

### Guiltless Pleasures

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Troutdale

Wednesday, February 11, 2026

**Starters**

Vegetable Crudites with Cheese Plate

**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**

Anna Potatoes

Roasted Brussels Sprouts

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale Troutdale

Thursday, February 12, 2026

**Starters**

Marinated Artichoke Salad

**Featured Entrees**

**Classic Sole Meunière**

Pan fried sole with a lemon butter 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**

Parslied New 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 Troutdale  
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

Zesty Stewed Tomatoes

### Desserts

#### Feature

Pecan Praline Ice  
Cream

#### Fruit

 Fresh Diced Pears  
and Apples

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Troutdale  
Saturday, February 14, 2026

## **Starters**

Greek Salad

## **Featured Entrees**

### **Turkey Fillet with Peppercorn Sauce**

Sauteed turkey served with a dijon, white wine, and peppercorn 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**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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