

Main Meal

Brookdale Wilsonville

Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Potato Wedges

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Melon Cup

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

We invite you to share your comments with your Dining Leaders.



Brookdale Wilsonville

Sunday, February 8, 2026

Featured Starters

Soup of the Day

Creamy Mushroom Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Cornflake Chicken

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

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

Sausage with Lentils

Bacon and sausage sauteed in wine and served over seasoned lentils.

Vegetable

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Steamed Carrots

Accompaniments

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Buttermilk Pie

Feature

Frosted German
Chocolate Cake

Guiltless Pleasures

Reduced Sugar Basic
Custard

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

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Main Meal

Brookdale Wilsonville

Monday, February 9, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Boiled Potatoes with Dill

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

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

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Brookdale Wilsonville

Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

Lemon Grilled Chicken

Grilled chicken quarters in a lemon garlic marinade.

Bavarian Beef

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

Vegetable

 Steamed Spinach

Accompaniments

Herbed Potatoes

Baked Acorn Squash

 Stir Fried Barley

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Feature

Pumpkin Spice Mousse

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Wilsonville

Tuesday, February 10, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Fingerling Potatoes with Fresh Herbs

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Apple Slices

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

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Brookdale Wilsonville

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Corn Chowder

Salad of the Day

Mixed Green Salad

Featured Entrees

Pecan Crusted Catfish

Baked catfish fillet with a pecan cornmeal coating.

Veal Italiano

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

Roasted Boneless Turkey Breast

Lightly seasoned oven roasted turkey breast.

Vegetable

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Accompaniments

Hush Puppies

Oven Roasted Potatoes

Desserts

Feature

Tiramisu Poke Cake

Feature

Pineapple Delight Square

Guiltless Pleasures

Reduced Sugar Frosted Yellow Cake

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

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Brookdale Wilsonville

Wednesday, February 11, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

 **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.

Accompaniment

Baked Beans

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Peaches

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

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Baked French Onion Soup

Salad of the Day

Vegetable Crudites with Cheese Plate

Featured Entrees

Pot Roast with Gravy

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

 **Herb Marinated Breast of Chicken**

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

BBQ Pork Chop

Tender pork chop baked in barbecue sauce.

Vegetable

Roasted Brussels Sprouts

Accompaniments

Anna Potatoes

Baked Cauliflower

Garden Blend Rice

Desserts

Feature

Cherry Pie

Feature

Orange Sorbet

Guiltless Pleasures

Reduced Sugar Cherry Pie

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

Brookdale Wilsonville

Thursday, February 12, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Lyonnaise Potatoes

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Bowl

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

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Brookdale Wilsonville

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Cheddar Beer Soup

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

Apricot Chicken

Grilled breast of chicken marinated in a sweet ginger and apricot glaze.

Vegetable

 Steamed Butternut Squash

Accompaniments

Orzo Pilaf

 Fresh Vegetable Blend

Parslied New Potatoes

Desserts

Feature

Banana Foster Cake

Feature

Strawberry Pie

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 Wilsonville

Friday, February 13, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Curry Roasted Potatoes

Also Available

Brookdale Wilsonville

Friday, February 13, 2026

Featured Starters

Soup of the Day

Italian Wedding Soup

Salad of the Day

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.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.

Vegetable

Zesty Stewed Tomatoes

Accompaniments

Northern Beans

Buttered Kale

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Diced Pears and Apples

Desserts

Feature

Pecan Praline Ice Cream

Feature

Mint Brownie

Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Wilsonville

Saturday, February 14, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

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.

Accompaniment

Vegetable Couscous

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

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Brookdale Wilsonville

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Creamy Lentil Soup

Salad of the Day

Greek Salad

Featured Entrees

Turkey Fillet with Peppercorn Sauce

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

Roast Pork Loin

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

Blackened Perch

Cajun seasoned perch cooked quickly in butter over high heat.

Vegetable

Scalloped Broccoli

Braised Red Cabbage

Accompaniments

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

French Silk Pie

Feature

Yellow Cake with
Buttercream Frosting

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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