

Main Meal

Brookdale Lakeview Crossing

Sunday, February 8, 2026

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

 **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

Cream Style Corn

 Steamed Carrots

Parmesan Noodles

Scalloped Potatoes

Desserts

Feature

Lemon Ice Box Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

No Sugar Added
Strawberry 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 Lakeview Crossing

Monday, February 9, 2026

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

Lemon Dijon Chicken

Marinated breast of chicken served with a lemon Dijon mustard sauce.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 Baked Sweet Potato

Desserts

Feature

Homestyle Blueberry
Cobbler

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Lakeview Crossing

Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Baked Swai**

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

 **Veal Italiano**

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

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

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

Lemon Couscous

Oven Roasted Potatoes

Desserts

Feature

Vanilla Cream Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Lakeview Crossing
Wednesday, February 11, 2026

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.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

Roasted Brussels Sprouts

Baked Cauliflower

Baked Beans

Garden Blend Rice

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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Main Meal

Brookdale Lakeview Crossing
Thursday, February 12, 2026

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Chicken Tenders

Golden baked breaded chicken tenders.

Country Fried Steak

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

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Potato Wedges

Creamy Baked Mashed Potatoes

Desserts

Feature

Angel Food Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Lakeview Crossing

Friday, February 13, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

Zesty Stewed Tomatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

Desserts

Feature

Strawberry Ice Cream

Fruit

 Fresh Diced Pears and Apples

Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale Lakeview Crossing
Saturday, February 14, 2026

Salad of the Day

Greek Salad

Featured Entrees

Southern Fried Chicken

Buttermilk marinated chicken quarters fried to a crispy, golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

Roast Pork Loin

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

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

Baked Ziti and Mozzarella

Oven baked ziti with ground turkey, tomato basil sauce & mozzarella cheese.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Cornbread Stuffing

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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