

Main Meal

Brookdale Union
Sunday, February 8, 2026

Starters

Tomato Parmesan Salad

Featured Entrees

Chicken Stir Fry

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Fried Rice

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Blueberry Cobbler

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

 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 Union
Monday, February 9, 2026

Starters

Sour Cream Cucumber Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers

Pork medallions with Grand Marnier demi glace.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Herbed Potatoes

Buttered Winter Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Fruited Gelatin

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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

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Main Meal

Brookdale Union
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Cod

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

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Cake

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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Main Meal

Brookdale Union
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 -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Mashed Potatoes and Gravy

 Steamed Carrots and Celery with Onions

Desserts

Feature

Apple Pie

Fruit

 Fruit Cocktail

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Union
Thursday, February 12, 2026

Starters

Chickpea Salad

Featured Entrees

Chicken Thighs with Mushroom Sauce

Sauteed lightly breaded chicken served with a light mushroom sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Baked Sweet Potato

Green Bean Casserole

Desserts

Feature

Caramel Cake

Fruit

 Tropical Fruit

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Union
Friday, February 13, 2026

Starters

Classic Coleslaw

Featured Entrees

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Macaroni and Cheese

Collard Greens and Bacon

Desserts

Feature

Ice Cream of the Day

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Union
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Tuscan Chicken

Tender sautéed chicken served with a white wine sauce.

- Always Available -

⌚ Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Egg Salad Sandwich

Sandwich made with homemade egg salad and fresh lettuce.

Chicken Salad Plate

Fresh made chicken salad served on a bed of lettuce.

Accompaniments

Penne Pasta with Marinara Sauce

Italian Style Broccoli

Desserts

Feature

Southern Pecan Pie

Fruit

⌚ Tropical Fruit

Guiltless Pleasures

Sugar Free Chocolate Chip Cookie

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