

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

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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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