

Main Meal

Brookdale Cypress Station
Sunday, February 15, 2026

Starters

Cranberry Cabbage Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

Baked Tilapia

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Macaroni and Cheese

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Creamy Banana
Pudding

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar
Coconut 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 Cypress Station
Monday, February 16, 2026

Starters

Mediterranean Salad

Featured Entrees

 **Baked Basa with Thyme, Garlic and Lemon**

Paprika and thyme seasoned basa fillet baked and finished with lemon juice.

- Always Available -

 **Baked Tilapia**

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Parmesan Noodles

Italian Style Zucchini

Desserts

Feature

Frosted German
Chocolate Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Cypress Station
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Polish Sausage

Polish sausage links simmered with onions and seasonings.

- Always Available -

 **Baked Tilapia**

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Oven Brown Potatoes

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Cypress Station
Wednesday, February 18, 2026

Starters

Lettuce and Herb Salad

Featured Entrees

 **Mediterranean Style Chicken**

Chicken breast topped with mushrooms, olives, tomatoes and capers.

- Always Available -

 **Baked Tilapia**

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Au Gratin Potatoes

Lemon Butter Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Boston Cream Pie
Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Cypress Station
Thursday, February 19, 2026

Starters

White Bean Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

- Always Available -

Baked Tilapia

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Buttered Parslied Potatoes

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pumpkin Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Cypress Station

Friday, February 20, 2026

Starters

Wilted Lettuce Salad

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

 Baked Tilapia

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Classic French Fries

Braised Cabbage

Desserts

Feature

Chocolate Cream Pie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Cypress Station
Saturday, February 21, 2026

Starters

Vegetable Slaw

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

- Always Available -

 **Baked Tilapia**

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

Chef Salad

Classic chef salad with turkey, ham, cheddar cheese and hard boiled egg.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

 Baked Sweet Potato

Lemon Butter California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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