

Main Meal

Brookdale Murrysville  
Sunday, February 15, 2026

## **Starters**

Cranberry Cabbage Salad

## **Featured Entrees**

### **Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

### **- Always Available -**

### **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## **Accompaniments**

Classic Duchess Potatoes

Creamed Spinach

## **Desserts**

### **Feature**

Coconut Mousse

### **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 Murrysville  
Monday, February 16, 2026

## **Starters**

Mediterranean Salad

## **Featured Entrees**

**Turkey Piccata**

Sauteed breast of turkey served with a lemon caper sauce.

### **- Always Available -**

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## **Accompaniments**

Risotto a la Pecorino

Italian Style Zucchini

## **Desserts**

### **Feature**

Cinnamon Crumb Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added Pound  
Cake

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Main Meal

Brookdale Murrysville  
Tuesday, February 17, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

### **- Always Available -**

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## **Accompaniments**

Oven Brown Potatoes

 Steamed Carrots

## **Desserts**

**Feature**

Apple Pie

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

No Sugar Added Apple  
Pie

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Main Meal

Brookdale Murrysville  
Wednesday, February 18, 2026

## **Starters**

Lettuce and Herb Salad

## **Featured Entrees**

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

### **- Always Available -**

 Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## **Accompaniments**

Couscous

Parmesan Tomato

## **Desserts**

### **Feature**

Chocolate Frosted  
Layer Cake

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Murrysville  
Thursday, February 19, 2026

## Starters

White Bean Salad

## Featured Entrees

 Beef Burgundy

Lean beef with mushrooms, carrots and onions in a wine sauce.

### - Always Available -

 Herb Baked Pollock

Fillet of pollock baked in parchment with fresh herbs and lemon.

### Chicken Tenders

Golden baked breaded chicken tenders.

### Personal Pizza

Oven baked personal size pizza crust topped with cheese & selected toppings.

## Accompaniments

Buttered Parslied Potatoes

Buttered Brussels Sprouts

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 Murrysville  
Friday, February 20, 2026

## Starters

Wilted Lettuce Salad

## Featured Entrees

 **Chicken with Country Gravy**

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

### - Always Available -

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## Accompaniments

 Pan Roasted Potatoes

### **Braised Collard Greens**

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Tiger Brownie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Murrysville  
Saturday, February 21, 2026

## **Starters**

Vegetable Slaw

## **Featured Entrees**

 **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

### **- Always Available -**

 **Herb Baked Pollock**

Fillet of pollock baked in parchment with fresh herbs and lemon.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **Personal Pizza**

Oven baked personal size pizza crust topped with cheese & selected toppings.

## **Accompaniments**

Buttered Noodles

Roasted Parsnips and Butternut Squash

## **Desserts**

### **Feature**

Cherry Crisp

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added  
Cherry Pie

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