

Main Meal

Brookdale Summer Ridge
Sunday, February 15, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Old Fashioned Goulash

Ground beef and macaroni simmered in tomato sauce with melted cheese

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Creamed Spinach

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Buttered Noodles

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 Summer Ridge
Monday, February 16, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

Pizza Style Steak

A tender pounded cubed steak served Italian style.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Italian Style California Blend

Roasted Broccoli

Rice Blend

Warm Potato Salad

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

 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 Summer Ridge
Tuesday, February 17, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Carrots

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

Pasta of the Day

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

 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 Summer Ridge
Wednesday, February 18, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 Herb Baked Haddock

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

 Sautéed Pork Chop

Lean boneless pork chops lightly seasoned and sautéed in olive oil.

- Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Peas with Carrots

Sautéed Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Couscous

Au Gratin Potatoes

Desserts

Feature

Chocolate Frosted Layer
Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

 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 Summer Ridge
Thursday, February 19, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Beef Burgundy

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

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Potatoes

Sweet Potato Casserole

Desserts

Feature

Pumpkin Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

 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 Summer Ridge
Friday, February 20, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Chicken with Country Gravy

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

Roast Beef

Seasoned beef, slow roasted until tender.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Corn

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

Desserts

Feature

Tiger Brownie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

 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 Summer Ridge
Saturday, February 21, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Breaded Veal Cutlet

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

Baked Whitefish with Lemon

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

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Hot Dog

Steamed hot dog served with your choice of condiments.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Sauteed Broccoli

 Steamed Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

Potato Onion Supreme

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Cherry
Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
We invite you to share your comments with your Dining Leaders.

