

Main Meal

Brookdale Midlothian
Sunday, February 15, 2026

Salad of the Day

Broccoli, Bacon and Onion Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

Creamed Spinach

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Barley Risotto

Desserts

Feature

Classic Tiramisu

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Midlothian
Monday, February 16, 2026

Salad of the Day

Marinated Tomato Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Risotto a la Pecorino

Warm Potato Salad

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midlothian

Tuesday, February 17, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

- Always Available -

 **Almond Crusted Chicken Tenders**

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

 Steamed Carrots

Buttered Kale

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 Ice
Cream of the Day

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Main Meal

Brookdale Midlothian
Wednesday, February 18, 2026

Salad of the Day

Cucumber and Onion Salad

Featured Entrees

 Herb Baked Haddock

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

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

 Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

Couscous

Au Gratin Potatoes

Desserts

Feature

Chocolate Frosted Layer
Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midlothian
Thursday, February 19, 2026

Salad of the Day

Tangy Three Bean 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 -

Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

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

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midlothian
Friday, February 20, 2026

Salad of the Day

Tossed Garden Salad

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 -

Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

Braised Collard Greens

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

Desserts

Feature

Lemon Meringue Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Midlothian
Saturday, February 21, 2026

Salad of the Day

Vegetable Slaw

Featured Entrees

Breaded Veal Cutlet

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

Baked Tilapia

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

- Always Available -

Almond Crusted Chicken Tenders

Oven baked chicken tenders coated with an almond crust.

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Turkey Sandwich

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

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

Desserts

Feature

Cherry Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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