

Main Meal

Brookdale North Augusta  
Sunday, February 15, 2026

## **Salad of the Day**

Cranberry Cabbage Salad

## **Featured Entrees**

### **Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

### **Southwestern Breast of Chicken**

Chicken breast baked with a spicy cornmeal crust.

### **- Always Available -**

### **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### **Beef Pepper Steak**

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## **Accompaniments**

Creamed Spinach

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Barley Risotto

## **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 North Augusta  
Monday, February 16, 2026

## **Salad of the Day**

Mediterranean 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 -**

#### **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

#### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

#### **Beef Pepper Steak**

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## **Accompaniments**

Italian Style Zucchini

Roasted Broccoli

Rice Blend

Warm Potato Salad

## **Desserts**

### **Feature**

Cinnamon Crumb Cake

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added Pound  
Cake

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Main Meal

Brookdale North Augusta  
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 -

### **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### **Beef Pepper Steak**

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## 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 Apple Pie

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Main Meal

Brookdale North Augusta  
Wednesday, February 18, 2026

## **Salad of the Day**

Lettuce and Herb 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 -**

### Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### Beef Pepper Steak

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## **Accompaniments**

Parmesan Tomato

Sweet and Sour Cabbage

Couscous

Au Gratin Potatoes

## **Desserts**

### **Feature**

Chocolate Frosted Layer  
Cake

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale North Augusta  
Thursday, February 19, 2026

## Salad of the Day

White 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 -

### Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### Beef Pepper Steak

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## 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

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Main Meal

Brookdale North Augusta  
Friday, February 20, 2026

## Salad of the Day

Wilted Lettuce 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 -

### Lemon Baked Chicken

Baked boneless chicken breast marinated in lemon juice and paprika.

### Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### Beef Pepper Steak

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## 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

Tiger Brownie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale North Augusta  
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 Whitefish with Lemon**

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

### **- Always Available -**

### **Lemon Baked Chicken**

Baked boneless chicken breast marinated in lemon juice and paprika.

### **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

### **Beef Pepper Steak**

Lean beef, julienne bell pepper and onions sauteed with soy sauce.

## **Accompaniments**

Roasted Parsnips and Butternut  
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

## **Desserts**

### **Feature**

Cherry Crisp

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added Cherry  
Pie

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