

Main Meal

Brookdale Rock Springs  
Sunday, February 15, 2026

## **Starters**

Classic Pea Salad

## **Featured Entrees**

**Country Fried Steak**

Floured beef steak, fried golden brown and served with a creamy gravy.

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

**Personal Pizza**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Baked Beans

Creamed Spinach

## **Desserts**

**Feature**

Brownies

**Fruit**

 Pineapple Chunks

**Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

 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 Rock Springs  
Monday, February 16, 2026

## **Starters**

Mediterranean Salad

## **Featured Entrees**

**Italian Baked Chicken**

Baked chicken quarters coated with a parmesan bread crumb crust.

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

**Personal Pizza**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Rice Blend

Italian Style Zucchini

## **Desserts**

**Feature**

Pineapple Upside Down  
Cake

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

 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 Rock Springs  
Tuesday, February 17, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Cabbage with Sausage and Apples**  
Slow cooked sausage, cabbage and apples.

### **- Always Available -**

 **Grilled Breast of Chicken**  
Marinated grilled breast of chicken.

### **Personal Pizza**

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

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Oven Brown Potatoes

 Steamed Carrots

## **Desserts**

### **Feature**

Apple Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

 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 Rock Springs  
Wednesday, February 18, 2026

### Starters

Lettuce and Herb Salad

### Featured Entrees

 Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

### - Always Available -

 Grilled Breast of Chicken

Marinated grilled breast of chicken.

### Personal Pizza

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

### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

### Accompaniments

 Baked Potato

Parmesan Tomato

### Desserts

#### Feature

Banana Foster Cake

#### Fruit

 Chilled Pears

#### 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 Rock Springs  
Thursday, February 19, 2026

### Starters

Tomato Basil Salad

### Featured Entrees

#### Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

#### - Always Available -

#### Grilled Breast of Chicken

Marinated grilled breast of chicken.

#### Personal Pizza

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

#### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

### Accompaniments

Buttered Parslied Potatoes

#### Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Pecan Pie

#### Fruit

 Apricot Halves

#### Guiltless Pleasures

Sugar Free Oatmeal  
Cookie

 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 Rock Springs  
Friday, February 20, 2026

## **Starters**

Tomato Wedges

## **Featured Entrees**

 **Chicken with Country Gravy**

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

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

### **Personal Pizza**

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

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Pan Roasted Potatoes

**Braised Collard Greens**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Peach Parfait

### **Fruit**

 Chilled Diced Peaches

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

 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 Rock Springs  
Saturday, February 21, 2026

## **Starters**

Baby Carrots with Dip

## **Featured Entrees**

**Pork Roast with Horseradish and Herbs**

Lean roasted pork rubbed with horseradish, basil, oregano and marjoram.

### **- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

### **Personal Pizza**

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

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Cornbread Stuffing

Stir-Fried Carrots

## **Desserts**

### **Feature**

Apple Crisp

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Sugar Free Orange  
Gelatin

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

We invite you to share your comments with your Dining Leaders.

