

Main Meal

Brookdale Owasso
Sunday, February 15, 2026

Starters

Mixed Green Salad

Featured Entrees

Rosemary Dijon Chicken Thighs

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Sweet Potato Fries

Buttered Winter Mix

Item can be prepared as an  Optimum Life Cuisine Option

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 Owasso

Monday, February 16, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Ham

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Rice Blend

Italian Style Italian Blend

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.

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Main Meal

Brookdale Owasso
Tuesday, February 17, 2026

Starters

Mixed Green Salad

Featured Entrees

Barbecue Baby Back Ribs

Barbecue sauce basted oven baked pork ribs, finished on the grill.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Oven Brown Potatoes

 Steamed Carrots

Desserts

Feature

Banana Chocolate
Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Owasso

Wednesday, February 18, 2026

Starters

Mixed Green Salad

Featured Entrees

 Chicken Stroganoff

Sauteed chicken, onions and mushrooms in a light sour cream sauce.

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Egg Noodles

Peas with Carrots

Desserts

Feature

Chocolate Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Owasso
Thursday, February 19, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Beef Burgundy**

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Noodles

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pineapple Upside Down
Shooter

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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

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Main Meal

Brookdale Owasso
Friday, February 20, 2026

Starters

Mixed Green Salad

Featured Entrees

Pork Chops with Roasted Apples and Onions

Sauteed pork chops served with sweet roasted apples and onions.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Pan Roasted Potatoes

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Cobbler

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Owasso
Saturday, February 21, 2026

Starters

Mixed Green Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Boiled Potatoes with Dill

Roasted Fall Vegetables

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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