

Main Meal

Brookdale Newberg
Sunday, February 15, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

Memphis Rubbed Chicken

Tender chicken rubbed with Memphis-style seasoning and baked.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

Accompaniments

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Spanish Rice

Desserts

Feature

Classic Peach Crisp

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 Newberg
Monday, February 16, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Roast Chicken

Perfectly seasoned oven roasted chicken quarters.

Ginger Beef

Beef stir fried in a ginger soy sauce.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

Accompaniments

Lemon Butter Green Beans

Roasted Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

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 Newberg

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 -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

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 Newberg

Wednesday, February 18, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

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 Newberg

Thursday, February 19, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

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 Newberg
Friday, February 20, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

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 Newberg
Saturday, February 21, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Shrimp Louis Salad

Shrimp served on fresh romaine with tomato and homemade dressing.

Hamburger

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

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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