

Main Meal

Brookdale Pinnacle

Sunday, February 15, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Beef Goulash**

Lean beef, potatoes and tomatoes in a healthy version of the classic.

**Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

**- Always Available -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

Roasted Brussels Sprouts

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Baked Beans

**Desserts**

**Feature**

Chocolate Brownies

**Fruit**

 Fresh Banana

**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 Pinnacle

Monday, February 16, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Lemon Dijon Chicken**

Marinated breast of chicken served with a lemon Dijon mustard sauce.

**Roast Beef with Au Jus**

Seasoned beef, slow roasted until tender, served with Au Jus.

**- Always Available -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

Creamed Corn

Roasted Broccoli

Garlic Mashed Potatoes

 Steamed Brown Rice

**Desserts**

**Feature**

Red Velvet Cake

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

**Brookdale Pinnacle**

Tuesday, February 17, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.

**- Always Available -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

 **Steamed Carrots**

**Buttered Spinach**

Item can be prepared as an  Optimum Life Cuisine Option

**Roasted Red Skin Potatoes**

**White Rice**

**Desserts**

**Feature**

Apple Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Pinnacle

Wednesday, February 18, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

English Pub Cod

Tavern battered cod flash fried to a golden brown.

**Braised Pork Chop with Gravy**

Braised boneless pork chop served with a savory pan gravy.

**- Always Available -**

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

Buttered Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

Whipped Sweet Potatoes

**Desserts**

**Feature**

Angel Food Cake

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Pinnacle

Thursday, February 19, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

**- Always Available -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**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**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Pinnacle  
Friday, February 20, 2026

## Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

**Roast Turkey Breast**

Slow roasted lightly seasoned turkey breast.

**Beef and Broccoli**

Tender beef and fresh broccoli stir-fried in a tangy sauce.

### - Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## 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 Applesauce

Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Pinnacle

Saturday, February 21, 2026

**Salad of the Day**

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

**Featured Entrees**

**Roast Pork Loin**

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

 **Sauteed Salmon**

Salmon fillet lightly seasoned and sauteed.

**- Always Available -**

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

**Hamburger**

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

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Accompaniments**

Roasted Parsnips and Butternut  
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

**Desserts**

**Feature**

Cherry Crisp

**Fruit**

 Diced Pears

**Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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