

Main Meal

Brookdale Champions
Sunday, February 15, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

Barbecue Chicken Quarters

Seasoned chicken quarters grilled with an apple barbecue sauce.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

 Steamed Spinach

Buttered Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

 Baked Sweet Potato

Desserts

Feature

Vanilla Cream Pudding

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 Champions
Monday, February 16, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Chicken Piccata

Breaded chicken breast sauteed and topped with a lemon-caper sauce.

Salisbury Steak

A baked blend of lean ground beef, onions and bread crumbs.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

 Steamed Cauliflower

 Steamed Green Beans

Mashed Potatoes and Gravy

 Baked Sweet Potato

Desserts

Feature

Orange Creamsicle
Cake

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Champions

Tuesday, February 17, 2026

Salad of the Day

 Marinated Cucumber, Tomato and Onion Salad

Featured Entrees

Brats with Beer and Onions

Bratwurst simmered in beer then grilled.

Sesame Chicken

Lightly battered fried chicken served with a sweet and sour sauce.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

 **Baked Swai**

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

 Steamed Collard Greens

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

White Rice

 Baked Sweet Potato

Desserts

Feature

Apple Pie

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Champions

Wednesday, February 18, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Fried Shrimp

Breaded shrimp flash fried until light golden brown.

Pan Fried Pork Chops

Lightly seasoned bone-in pork chops pan fried then baked until tender.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

 **Baked Swai**

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

Peas with Carrots

 Steamed Cabbage

 Baked Sweet Potato

French Fried Potatoes

Desserts

Feature

Pound Cake

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Champions
Thursday, February 19, 2026

Salad of the Day

Spinach and Strawberry Salad

Featured Entrees

Chicken Fried Steak with Gravy

Hand breaded cube steak fried golden brown and served with chicken gravy.

Bourbon Chicken

Pan seared chicken breasts cooked in a sweet gingered bourbon sauce.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

 Roasted Rosemary Potatoes

White Rice

Desserts

Feature

Cheesecake

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Champions
Friday, February 20, 2026

Salad of the Day

Cole Slaw

Featured Entrees

Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

Roasted Asparagus Parmesan

Roasted Vegetables

Pasta of the Day

 Baked Sweet Potato

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Key Lime Pie

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Champions
Saturday, February 21, 2026

Salad of the Day

Carrot Raisin Salad

Featured Entrees

Black Eyed Peas and Sausage

Seasoned black eyed peas with smoked sausage.

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Chicken Salad Sandwich

Homemade chicken salad served on white bread.

Baked Swai

Fillet of swai baked in the oven and topped with a squeeze of lemon juice.

Accompaniments

 Steamed Collard Greens

Piccadilly Cafeteria Carrot Souffle

White Rice

 Baked Sweet Potato

Desserts

Feature

Butterscotch Pudding

Fruit

 Orange Segments

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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