

Main Meal

Brookdale River Valley Tualatin

Sunday, February 15, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

- Always Available -

Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Creamed Spinach

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Desserts

Feature

Bananas Foster

Fruit

 Fresh Fruit Cup

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 River Valley Tualatin

Monday, February 16, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Potato Wedges

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale River Valley Tualatin

Tuesday, February 17, 2026

Salad of the Day

Tossed Green 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 -

Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

 Steamed Carrots

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Oven Brown Potatoes

Desserts

Feature

Blueberry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale River Valley Tualatin
Wednesday, February 18, 2026

Salad of the Day

Tossed Green Salad

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 -

 Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

 Baked Potato

Desserts

Feature

Chocolate Frosted Layer
Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale River Valley Tualatin

Thursday, February 19, 2026

Salad of the Day

Tossed Green Salad

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 -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Homestyle Bread Stuffing

Mashed Potatoes

Desserts

Feature

Pumpkin Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale River Valley Tualatin

Friday, February 20, 2026

Salad of the Day

Tossed Green Salad

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 -

 **Artichoke Rotini Salad with Chicken**

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Braised Collard Greens

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Desserts

Feature

Coconut Cream Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale River Valley Tualatin

Saturday, February 21, 2026

Salad of the Day

Tossed Green Salad

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 -

Artichoke Rotini Salad with Chicken

Rotini with chicken & artichokes tossed with a lemon garlic basil dressing.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

 Steamed Carrots

 Steamed Chef's Vegetables

Mashed Potatoes and Gravy

Desserts

Feature

Cherry Crisp

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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