

Main Meal

Brookdale Redmond  
Sunday, February 15, 2026

## Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

**Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

**Chicken Breast Parmesan**

Breaded chicken baked with marinara sauce and mozzarella cheese.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

## Accompaniments

Creamed Spinach

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Creamy Baked Mashed Potatoes

Penne Pasta with Marinara Sauce

## Desserts

**Feature**

Chocolate Pudding

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

 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 Redmond  
Monday, February 16, 2026

## Salad of the Day

Tossed Iceberg Salad

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## Featured Entrees

**Rosemary Dijon Chicken Thighs**

Baked boneless chicken thighs marinated in rosemary and Dijon mustard.

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

## Accompaniments

Italian Style Zucchini

Sauteed Fresh Vegetable Blend

Au Gratin Potatoes

Egg Roll

## Desserts

**Feature**

Peach Parfait

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Redmond

Tuesday, February 17, 2026

**Salad of the Day**

Tossed Iceberg Salad

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**Featured Entrees**

**Baked Ham**

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

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

**Accompaniments**

 **Steamed Carrots**

**Buttered Kale**

Item can be prepared as an  Optimum Life Cuisine Option

**Sweet Potato Almond Casserole**

**Pasta of the Day**

Item can be prepared as an  Optimum Life Cuisine Option

**Desserts**

**Feature**

Apple Pie

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Redmond

Wednesday, February 18, 2026

**Salad of the Day**

Tossed Iceberg Salad

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**Featured Entrees**

**Roasted Indian Butter Chicken**

Roasted chicken quarter served with a zesty ginger chile sauce.

**BBQ Ribs**

Seasoned ribs basted with barbecue sauce and roasted until tender.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

**Accompaniments**

Orange Glazed Acorn Squash

Classic Coleslaw

Item can be prepared as an  Optimum Life Cuisine Option

Classic Potato Latkes

Baked Beans

**Desserts**

**Feature**

Pumpkin Pie

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Redmond

Thursday, February 19, 2026

**Salad of the Day**

Tossed Iceberg Salad

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**Featured Entrees**

 **Beef Burgundy**

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

**Tilapia in Tomato Sauce**

Tilapia cooked in a tomato, onion and garlic sauce.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

**Accompaniments**

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Egg Noodles

Wild Mushroom Pilaf

**Desserts**

**Feature**

Peppermint Ice Cream

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Redmond  
Friday, February 20, 2026

## Salad of the Day

Tossed Iceberg Salad

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## Featured Entrees

**Pork Schnitzel with Dill Sauce**

Sauteed breaded pork served with a savory dill sauce.

**Ranch Cube Steak**

Breaded tender beef, pan fried and served with a zesty ranch sauce.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

## Accompaniments

Braised California Mix

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

## Desserts

**Feature**

Strawberry Pie

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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Main Meal

Brookdale Redmond  
Saturday, February 21, 2026

**Salad of the Day**

Tossed Iceberg Salad

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**Featured Entrees**

**Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

**English Pub Cod**

Tavern battered cod flash fried to a golden brown.

**- Always Available -**

 **Bistro Steak Medallions**

Tender beef, seasoned and grilled to perfection.

**Cheeseburger**

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

**Shrimp and Penne Primavera**

Sauteed shrimp and vegetables tossed with penne pasta.

**Accompaniments**

Orange Glazed Winter Mix

Creamy Cole Slaw

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Potato

French Fried Potatoes

**Desserts**

**Feature**

Cheesecake with Cherry  
Topping

**Fruit**

Mixed Fruit Compote

**Guiltless Pleasures**

Sugar Free Chocolate  
Chip Cookie

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