

Main Meal

Brookdale Rose Valley Scappoose

Sunday, February 15, 2026

Salad of the Day

Cucumber and Onion in Sour Cream Salad

Featured Entrees

Beef Chow Mein

Sauteed beef with mushrooms, onions, and celery in a light soy sauce.

 **Baked Basa with Thyme, Garlic and Lemon**

Paprika and thyme seasoned basa fillet baked and finished with lemon juice.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Butternut Squash and Cranberries

Buttered Peas and Pearl Onions

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Sweet Potatoes

Barley Risotto

Desserts

Feature

Coconut Mousse

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Vanilla
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 Rose Valley Scappoose

Monday, February 16, 2026

Salad of the Day

Mediterranean 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 -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

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 Rose Valley Scappoose

Tuesday, February 17, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

German Bratwurst with Sauerkraut

Bratwurst simmered with sauerkraut and onion.

 **Tarragon Chicken**

Chicken breast served with a classic, creamy tarragon sauce.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

 **Steamed Carrots**

Buttered Cauliflower

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 Rose Valley Scappoose

Wednesday, February 18, 2026

Salad of the Day

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

 **Herb Baked Haddock**

Baked haddock fillet marinated in white wine, mustard, and herbs.

Baked Pork Chops with Peppers and Onions

Braised boneless pork chops covered in a pepper and onion gravy.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Orange Glazed Parsnip

Sweet and Sour Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Couscous

Au Gratin Potatoes

Desserts

Feature

Strawberry and Cream
Cake

Fruit

 Chilled Pears

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Rose Valley Scappoose

Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

Hamburger Stroganoff

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

Sweet Potato Casserole

Desserts

Feature

Pumpkin Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Rose Valley Scappoose

Friday, February 20, 2026

Salad of the Day

Creamy Cole Slaw

Featured Entrees

Friday Fish Fry

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

Pork Chops with Roasted Apples and Onions

Sauteed pork chops served with sweet roasted apples and onions.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

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

Fruit of the Forest Pie

Fruit

Chilled Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Rose Valley Scappoose

Saturday, February 21, 2026

Salad of the Day

Vegetable Slaw

Featured Entrees

 **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

 **Italian Roasted Chicken**

Roasted chicken marinated in a blend of garlic, oregano and lemon juice.

- Always Available -

 **Baked Seasoned Basa**

Fillet of basa topped with a squeeze of lemon juice and baked.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Parmesan Noodles

Potato Onion Supreme

Desserts

Feature

Cherry Crisp

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Cherry
Pie

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