

Main Meal

Brookdale Memorial City
Sunday, February 15, 2026

Salad of the Day

Cranberry Cabbage 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 -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Creamed Spinach

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess Potatoes

Barley Risotto

Desserts

Feature

Coconut Mousse

Fruit

 Pineapple Chunks

Guiltless Pleasures

Reduced Sugar Coconut
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 Memorial City
Monday, February 16, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Baked Flounder

Oven baked fillet of flounder topped with a squeeze of lemon juice.

Beef Stroganoff

Beef Sirloin with mushrooms, onions and a light creamy dill sauce.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Rice Blend

Buttered Noodles

Desserts

Feature

Key Lime Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Memorial City
Tuesday, February 17, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Baked Ham with Honey Apricot Glaze

Slow roasted ham topped with an orange apricot glaze and baked.

California Chicken

Chicken breast baked with tomato and cheese, garnished with avocado.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

 Steamed Carrots

Grilled Vegetables with Balsamic
Vinegar

Mashed Sweet Potatoes

Red Pepper Couscous

Desserts

Feature

Strawberry Rhubarb Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Memorial City
Wednesday, February 18, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Stuffed Sole

Shrimp stuffed fillet of sole served with a creamy sauce.

Creamy Mushroom Pork Chops

Sautéed pork chops served with a light creamy mushroom sauce.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Parmesan Tomato

Creamed Green Peas

Roasted Peruvian Potatoes

Cranberry Rice Pilaf

Desserts

Feature

Chocolate Frosted Layer
Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Memorial City
Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

Beef Burgundy

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

Tandoori Chicken Thighs

Grilled chicken thighs in an Indian-inspired yogurt marinade.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Potatoes

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Ice Cream of the Day

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Memorial City
Friday, February 20, 2026

Salad of the Day

Wilted Lettuce Salad

Featured Entrees

 Chicken Shawarma Kabob

Grilled pieces of tender chicken breast served with a garlic lemon sauce.

Roast Beef

Seasoned beef, slow roasted until tender.

- Always Available -

 Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Buttered Green Peas

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 Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Memorial City
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.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

- Always Available -

Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

Cheeseburger

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

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Cherry
Pie

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