

Main Meal

Brookdale White Rock
Sunday, February 15, 2026

Starters

Caesar Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Classic Duchess Potatoes

 Steamed Broccoli

Desserts

Feature

Baked Apple

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 White Rock
Monday, February 16, 2026

Starters

Tossed Garden Salad

Featured Entrees

Shrimp Fajitas

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Refried Beans

Creamed Corn

Desserts

Feature

Chocolate Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale White Rock
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Mashed Sweet Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale White Rock
Wednesday, February 18, 2026

Starters

Mini Caesar Salad

Featured Entrees

 Herb Baked Breast of Chicken

Tender breast of chicken baked with a blend of fresh basil and chives.

- Always Available -

 Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Dirty Rice

Parmesan Tomato

Desserts

Feature

German Chocolate
Layer Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale White Rock
Thursday, February 19, 2026

Starters

Tossed Garden Salad

Featured Entrees

Chicken Fried Steak with Gravy

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

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Mashed Potatoes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Jell-O
Shooter

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale White Rock
Friday, February 20, 2026

Starters

Tossed Green Salad

Featured Entrees

 Italian Baked Salmon

Salmon fillet baked in an Italian style tomato and herb sauce.

- Always Available -

 Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Buttered Noodles

 Steamed Carrots

Desserts

Feature

Strawberry Pie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale White Rock
Saturday, February 21, 2026

Starters

Triple Bean Salad

Featured Entrees

 Applesauce Pork Chop

Lean bone-in pork chop topped with applesauce and cinnamon and baked.

- Always Available -

 Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Chicken Tenders

Golden baked breaded chicken tenders.

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Fluffy White Rice

Roasted Broccoli

Desserts

Feature

Chocolate Pudding

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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