

Main Meal

Brookdale Palestine  
Sunday, February 15, 2026

## Starters

Beet Salad

## Featured Entrees

### Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

### - Always Available -

### Baked Chicken

Lightly seasoned oven baked chicken breast.

### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

### Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

## Accompaniments

 Baked Sweet Potato

### Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

 Lemon 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 Palestine

Monday, February 16, 2026

**Starters**

Marinated Carrot Salad

**Featured Entrees**

**Cranberry and Honey Glazed Chicken**

Chicken breast baked with a honeyed cranberry glaze.

**- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Classic Egg Salad Sandwich**

A vibrant, fresh, delicious egg salad sandwich

**Accompaniments**

Mashed Potatoes and Gravy

Brussels Sprout Casserole

**Desserts**

**Feature**

Mandarin Orange Cake

**Fruit**

 Mandarin Oranges

**Guiltless Pleasures**

No Sugar Added Pound  
Cake

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Main Meal

Brookdale Palestine  
Tuesday, February 17, 2026

## Starters

Tossed Garden Salad

## Featured Entrees

 **Pork Chop and Potatoes**

Lean boneless pork chops baked with sliced potatoes, onions, and garlic.

### - Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Classic Egg Salad Sandwich**

A vibrant, fresh, delicious egg salad sandwich

## Accompaniments

Macaroni and Cheese

**Glazed Carrots**

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Blueberry Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Apple  
Pie

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Main Meal

Brookdale Palestine

Wednesday, February 18, 2026

**Starters**

Green Peas and Herbs Salad

**Featured Entrees**

**Baked Chicken Divan**

Tender chicken baked with broccoli florets in a creamy cheese sauce.

**- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Classic Egg Salad Sandwich**

A vibrant, fresh, delicious egg salad sandwich

**Accompaniments**

Corn Nugget

**Orange Glazed Beets**

Item can be prepared as an  Optimum Life Cuisine Option

**Desserts**

**Feature**

German Chocolate  
Layer Cake

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Palestine

Thursday, February 19, 2026

**Starters**

Tossed Garden Salad

**Featured Entrees**

 **Beef Burgundy**

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

**- Always Available -**

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Classic Egg Salad Sandwich**

A vibrant, fresh, delicious egg salad sandwich

**Accompaniments**

Buttered Noodles

Cauliflower Au Gratin

**Desserts**

**Feature**

Pistachio Salad

**Fruit**

 Apricot Halves

**Guiltless Pleasures**

Reduced Sugar  
Pumpkin Pie

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Main Meal

Brookdale Palestine  
Friday, February 20, 2026

## Starters

Creamy Cole Slaw

## Featured Entrees

Friday Fish Fry

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

### - Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

## Accompaniments

French Fried Potatoes

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Strawberry Pie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Palestine  
Saturday, February 21, 2026

## Starters

Triple Bean Salad

## Featured Entrees

### BBQ Ribs

Seasoned ribs basted with barbecue sauce and roasted until tender.

### - Always Available -

#### Baked Chicken

Lightly seasoned oven baked chicken breast.

### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

### Classic Egg Salad Sandwich

A vibrant, fresh, delicious egg salad sandwich

## Accompaniments

Pasta Salad

Italian Style Broccoli

## Desserts

### Feature

Cherry Crisp

### Fruit

 Tropical Fruit

### Guiltless Pleasures

No Sugar Added  
Cherry Pie

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