

Main Meal

Brookdale Stanwood
Sunday, February 15, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Buttered Spinach

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes and Gravy

Baked Beans

Desserts

Feature

Lemon Pudding

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate 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 Stanwood
Monday, February 16, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Turkey Scallopini

Sauteed turkey breast pieces served with a marsala based sauce.

Pub Battered Cod

Battered and fried fish fillet.

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Creamy Cole Slaw

Roasted Beets

Homestyle Bread Stuffing

Classic French Fries

Desserts

Feature

Chocolate Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Stanwood

Tuesday, February 17, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Pork Loin with Roasted Pears

Pork tenderloin roasted with herbs and pears.

Orange Glazed Chicken Thighs

Bone-in chicken thighs baked with a tangy orange glaze.

- Always Available -

 **Baked Whitefish with Lemon**

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Steamed Carrots

Buttered Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Fried Rice

Macaroni and Cheese

Desserts

Feature

Apple Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Stanwood
Wednesday, February 18, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Christmas Ham

Premium ham oven baked with a sweet pineapple glaze.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Buttered Butternut Squash

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Baked Sweet Potato

White Rice

Desserts

Feature

Boston Cream Pie Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Strawberry Gelatin

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Main Meal

Brookdale Stanwood
Thursday, February 19, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Danish Meatballs with Dill Sauce

Tender meatballs of pork and beef with creamy dill sauce.

Shrimp Stir Fry

Stir fried shrimp and vegetables in a garlic soy sauce.

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Buttered Green Peas

 Steamed Cabbage

Item can be prepared as an  Optimum Life Cuisine Option

Mashed Potatoes

Couscous with Herbs

Desserts

Feature

Ice Cream of the Day

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Stanwood
Friday, February 20, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Barbecue Chicken Thighs

Bone-in chicken grilled and basted with a homemade barbecue sauce.

Beef Chow Mein

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

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

Sauteed Spinach and Onions

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Noodles

 Baked Potato

Desserts

Feature

Banana Cream Pie

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Stanwood
Saturday, February 21, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

Baked Whitefish with Lemon

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

Ham and Cheese Sandwich

Sliced ham with American cheese, lettuce and tomato served on white bread.

Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

Accompaniments

 Steamed Carrots

 Steamed Chef's Vegetables

Orzo Pilaf

Baked Beans

Desserts

Feature

Chocolate Cream
Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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