

Main Meal

Brookdale College Place
Sunday, February 15, 2026

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Chicken A La King

Tender chicken simmered in a rich mushroom gravy.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Caramelized Carrots

 Steamed Chef's Fresh Vegetables

Classic Lyonnaise Potatoes

Basmati Rice

Desserts

Feature

Chocolate Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 College Place
Monday, February 16, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Tuscan Chicken

Tender sautéed chicken served with a white wine sauce.

Stir Fried Beef and Broccoli

Beef flank steak stir fried with broccoli, pea pods and red bell peppers.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Italian Style Zucchini

 Steamed Corn

Rice Blend

Parmesan Noodles

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale College Place
Tuesday, February 17, 2026

Salad of the Day

Potato Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

 Steamed Carrots

Buttered Kale

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 Ice
Cream of the Day

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Main Meal

Brookdale College Place
Wednesday, February 18, 2026

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

 Italian Roasted Chicken

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

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

 Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

 Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Parmesan Tomato

 Roasted Broccoli Florets

Couscous

Anna Potatoes

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale College Place
Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

Swiss Steak with Tomatoes

Tender, lean cube steak oven baked with onions and tomatoes.

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Buttered Cabbage

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Potatoes

 Spanish Rice

Desserts

Feature

Lemon Bars

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale College Place
Friday, February 20, 2026

Salad of the Day

Waldorf Salad

Featured Entrees

Chicken Stroganoff

Sauteed chicken, onions and mushrooms in a light sour cream sauce.

Roast Beef

Seasoned beef, slow roasted until tender.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Braised Celery

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Steamed White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Cobbler

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale College Place
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.

Honey Ginger Glazed Chicken

Chicken baked to perfection with ginger, garlic and honey glaze.

- Always Available -

Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Vegetarian Chickpea Saute with Garlic and Olives

Sauteed chickpeas with garlic, red onions and olives.

Apple Cider Chicken

Chicken breast served with apples and a creamy apple cider sauce.

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

Desserts

Feature

Bread Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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