

Main Meal

Brookdale Fairhaven  
Sunday, February 15, 2026

## Salad of the Day

Mixed Green 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 Tuna Sandwich with Island Dressing

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

### Cheeseburger

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

### Turkey and Swiss Sandwich

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

## Accompaniments

Creamed Spinach

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied 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 Fairhaven  
Monday, February 16, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

### BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

### - Always Available -

### Grilled Tuna Sandwich with Island Dressing

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

### Cheeseburger

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

### Turkey and Swiss Sandwich

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

## Accompaniments

Italian Style Zucchini

Roasted Broccoli

Rice Blend

Southern Style Pinto Beans

## Desserts

### Feature

Cinnamon Crumb Cake

### Fruit

 Mandarin Oranges

### Guiltless Pleasures

No Sugar Added Pound  
Cake

 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 Fairhaven

Tuesday, February 17, 2026

**Salad of the Day**

Mixed Green 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 -**

 **Grilled Tuna Sandwich with Island Dressing**

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

**Cheeseburger**

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

**Turkey and Swiss Sandwich**

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

**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 Apple Pie

 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 Fairhaven  
Wednesday, February 18, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Italian Baked Pollock

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

### Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

### - Always Available -

### Grilled Tuna Sandwich with Island Dressing

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

### Cheeseburger

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

### Turkey and Swiss Sandwich

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

## Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

Couscous

Candied Yams

## Desserts

### Feature

Orange Creamsicle  
Cake

### Fruit

 Chilled Pears

### Guiltless Pleasures

Reduced Sugar  
Chocolate Mousse  
Layer Cake

 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 Fairhaven

Thursday, February 19, 2026

**Salad of the Day**

Mixed Green Salad

**Featured Entrees**

 **Beef Burgundy**

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

**Shrimp Scampi**

Butterflied shrimp broiled with lemon garlic butter.

**- Always Available -**

 **Grilled Tuna Sandwich with Island Dressing**

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

**Cheeseburger**

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

**Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, 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

Egg Noodles

**Desserts**

**Feature**

Pumpkin Pie

**Fruit**

 Apricot Halves

**Guiltless Pleasures**

Reduced Sugar  
Pumpkin Pie

 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 Fairhaven  
Friday, February 20, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Chicken with Country Gravy

Tender chicken breast served with a hearty, yet healthful pan gravy.

### Roast Beef

Seasoned beef, slow roasted until tender.

### - Always Available -

### Grilled Tuna Sandwich with Island Dressing

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

### Cheeseburger

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

### Turkey and Swiss Sandwich

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

## Accompaniments

Braised Kale

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

## Desserts

### Feature

Homemade Lemon  
Meringue Pie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

 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 Fairhaven  
Saturday, February 21, 2026

## **Salad of the Day**

Mixed Green Salad

## **Featured Entrees**

### **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

### **Baked Cod**

Fillet of cod baked in the oven and topped with a squeeze of lemon juice.

## **- Always Available -**

### **Grilled Tuna Sandwich with Island Dressing**

Fillet of tuna with a tropical fruit salsa and served on sourdough bread.

### **Cheeseburger**

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

### **Turkey and Swiss Sandwich**

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

## **Accompaniments**

Mustard Glazed Carrots

 Steamed Chef's Vegetables

Buttered Noodles

Rice with Mushrooms

## **Desserts**

### **Feature**

Cherry Crisp

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added Cherry  
Pie

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.  
We invite you to share your comments with your Dining Leaders.

