

Main Meal

Brookdale Findlay
Sunday, February 15, 2026

Starters

Cole Slaw

Featured Entrees

Stewed Beef Tips

Tender cuts of beef simmered with onion, ginger and savory broth.

- Always Available -

Chicken with Pineapple Salsa

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Fingerling Potatoes with Fresh Herbs

 Roasted Broccoli Florets

Desserts

Feature

Coconut Mousse

Fruit

 Pineapple Chunks

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 Findlay

Monday, February 16, 2026

Starters

Beet Salad

Featured Entrees

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Mashed Potatoes and Gravy

Buttered Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peaches and Cream
Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Findlay

Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Baked Beans

 Steamed California Mix

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Findlay

Wednesday, February 18, 2026

Starters

Potato Salad

Featured Entrees

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

- Always Available -

 Chicken with Pineapple Salsa

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Homestyle Bread Stuffing

Buttered Green Peas

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Chocolate Peanut
Butter Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Strawberry Jell-O
Shooter

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Main Meal

Brookdale Findlay

Thursday, February 19, 2026

Starters

Tomato and Onion Salad

Featured Entrees

 **Beef Burgundy**

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

- Always Available -

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Buttered Parslied Potatoes

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pear Crisp

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Findlay
Friday, February 20, 2026

Starters

Sliced Cucumber Salad

Featured Entrees

 Grilled Perch

Grilled perch fillet seasoned with oregano and a splash of lemon juice.

- Always Available -

 Chicken with Pineapple Salsa

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

 Baked Sweet Potato

 Steamed Green Beans

Desserts

Feature

Lemon Meringue Pie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Findlay
Saturday, February 21, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

- Always Available -

 **Chicken with Pineapple Salsa**

Baked breast of chicken topped with a spicy pineapple tomato salsa.

Beef Stew

Tender beef and vegetables in this homestyle classic.

Turkey and Swiss Sandwich

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

Accompaniments

Oven Brown Potatoes

 Roasted Fresh Green Beans and Red Peppers

Desserts

Feature

Cheesecake

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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