

Main Meal

Brookdale Centennial Park
Sunday, February 15, 2026

Starters

Cranberry Cabbage Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Classic Duchess Potatoes

Creamed Spinach

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 Centennial Park
Monday, February 16, 2026

Starters

Mediterranean Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Rice Blend

Italian Style Zucchini

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Centennial Park
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Oven Brown Potatoes

 Steamed Carrots

Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Centennial Park
Wednesday, February 18, 2026

Starters

Lettuce and Herb Salad

Featured Entrees

Pan Sauteed Salmon

Sauteed salmon fillet served with a drizzle of lemon vinaigrette.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Couscous

Parmesan Tomato

Desserts

Feature

Chocolate Frosted
Layer Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Centennial Park
Thursday, February 19, 2026

Starters

Mixed Green Salad

Featured Entrees

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Parslied Potatoes

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pumpkin Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Centennial Park
Friday, February 20, 2026

Starters

Tomato and Onion Salad

Featured Entrees

Chicken Adobo

Bone-in chicken thighs simmered in a garlic soy sauce.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Pan Roasted Potatoes

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiger Brownie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Centennial Park
Saturday, February 21, 2026

Starters

Tomato and Crouton Salad

Featured Entrees

Roast Beef with Au Jus

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

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Noodles

Roasted Parsnips and Butternut Squash

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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