

Main Meal

Brookdale Courtyard Puyallup

Sunday, February 15, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

Pan Fried Rainbow Trout

Pan Fried rainbow trout topped with a white wine reduction.

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

Collard Greens and Bacon

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Garlic and Chive Mashed Potatoes

Buttered Noodles

Desserts

Feature

Tapioca Pudding

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar Frosted
Lemon 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 Courtyard Puyallup

Monday, February 16, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Parmesan Chicken Thighs

Baked boneless chicken thighs hand breaded with parmesan cheese.

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

Italian Style Zucchini

Creamy Cole Slaw

Rice Blend

Baked Beans

Desserts

Feature

Frosted Carrot Cake

Fruit

 Mandarin Oranges

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 Courtyard Puyallup

Tuesday, February 17, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Pub Battered Cod

Battered and fried fish fillet.

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

 **Steamed Carrots**

Corn on the Cob with Fresh Herb Butter

Sweet Potato Fries

Hush Puppies

Desserts

Feature

Honey Cake

Fruit

 **Chilled Diced Peaches**

Guiltless Pleasures

**Sugar Free Chocolate
Chip Cookie**

 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 Courtyard Puyallup
Wednesday, February 18, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Soy Ginger Glazed Salmon

Broiled salmon fillet, glazed with honey, soy sauce and ginger.

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

Red Cabbage with Apple

Roasted Asparagus

Orzo Pilaf

Boiled Red Skin Potatoes

Desserts

Feature

Chocolate Dipped
Pound Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Coconutty Bars

 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 Courtyard Puyallup

Thursday, February 19, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Whipped Potatoes

Sweet Potato Casserole

Desserts

Feature

Pumpkin Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Sugar Free Watermelon
Gelatin

 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 Courtyard Puyallup

Friday, February 20, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Chicken with Country Gravy

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

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

Buttered Corn

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

Desserts

Feature

Mini White Chocolate
Cream Pie

Fruit

Ambrosia Salad

Guiltless Pleasures

Reduced Sugar
Cheesecake Whip

 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 Courtyard Puyallup

Saturday, February 21, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

Chili Verde Pork

A Mexican dish of pork loin simmered with tomatillo and peppers.

Barbecue Chicken Thighs

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

- Always Available -

Rosemary Chicken With Garlic and Lemon

Chicken breast lightly marinated in garlic and rosemary then broiled.

Turkey and Swiss Sandwich

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

California Avocado Burger

Grilled burger topped with lettuce, tomatoes, onions, and avocado.

Accompaniments

 Roasted Zucchini and Pesto

 Steamed Chef's Vegetables

Cilantro Rice

Potato Onion Supreme

Desserts

Feature

Chewy Brownies

Fruit

 Fresh Strawberries

Guiltless Pleasures

Reduced Sugar
Pumpkin Pudding

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

