

Main Meal

Brookdale Montclair Poulsbo

Sunday, February 15, 2026

Salad of the Day

Cranberry Cabbage 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 -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Creamed Spinach

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Classic Duchess 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 Montclair Poulsbo

Monday, February 16, 2026

Salad of the Day

Mediterranean 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 -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Risotto a la Pecorino

Warm Potato Salad

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Montclair Poulsbo

Tuesday, February 17, 2026

Salad of the Day

Tossed Garden 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 -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

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

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Main Meal

Brookdale Montclair Poulsbo
Wednesday, February 18, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

 Herb Baked Haddock

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

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

 Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

Couscous

Au Gratin Potatoes

Desserts

Feature

Chocolate Frosted Layer
Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Montclair Poulsbo
Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

 **Beef Burgundy**

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

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Potatoes

Sweet Potato Casserole

Desserts

Feature

Pumpkin Pie

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Montclair Poulso

Friday, February 20, 2026

Salad of the Day

Wilted Lettuce 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 -

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Braised Collard Greens

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

Desserts

Feature

Tiger Brownie

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Montclair Poulsbo
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.

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

- Always Available -

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added Cherry
Pie

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