

Main Meal

Brookdale Cape May  
Sunday, February 15, 2026

## **Salad of the Day**

Cucumber and Onion 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 -**

### **Baked Sole with Lemon**

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

### **Turkey and Swiss Sandwich**

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

### **Cottage Cheese and Fresh Fruit Plate**

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

## **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 Cape May  
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 -**

### **Baked Sole with Lemon**

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

### **Turkey and Swiss Sandwich**

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

### **Cottage Cheese and Fresh Fruit Plate**

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

## **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 Cape May  
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 -

### Baked Sole with Lemon

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

### Turkey and Swiss Sandwich

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

### Cottage Cheese and Fresh Fruit Plate

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

## 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 Cape May  
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 -**

 Baked Sole with Lemon

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

**Turkey and Swiss Sandwich**

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

**Cottage Cheese and Fresh Fruit Plate**

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

## 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 Cape May  
Thursday, February 19, 2026

## Salad of the Day

Tossed Green 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 -

### Baked Sole with Lemon

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

### Turkey and Swiss Sandwich

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

### Cottage Cheese and Fresh Fruit Plate

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

## 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

Vanilla Ice Cream

### Fruit

 Apricot Halves

### Guiltless Pleasures

Reduced Sugar  
Pumpkin Pie

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Main Meal

Brookdale Cape May  
Friday, February 20, 2026

## Salad of the Day

Wedge 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 -

### Baked Sole with Lemon

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

### Turkey and Swiss Sandwich

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

### Cottage Cheese and Fresh Fruit Plate

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

## 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 Cape May  
Saturday, February 21, 2026

## **Salad of the Day**

Spinach and Red Pepper Salad

## **Featured Entrees**

### **Breaded Veal Cutlet**

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

### **Baked Sole**

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

### **- Always Available -**

### **Baked Sole with Lemon**

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

### **Turkey and Swiss Sandwich**

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

### **Cottage Cheese and Fresh Fruit Plate**

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

## **Accompaniments**

Roasted Parsnips and Butternut  
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

## **Desserts**

### **Feature**

Cherry Gelatin

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added Cherry  
Pie

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