

## Main Meal

Brookdale Admiral Heights  
Sunday, February 15, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

Macaroni and Cheese

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Pineapple Chunks

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



Brookdale Admiral Heights  
Sunday, February 15, 2026

### Featured Starters

#### Soup of the Day

Old Fashioned Chicken Noodle Soup

#### 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.

#### Breaded Pork Steak

Lightly seasoned lean pork fillet breaded and cooked to perfection.

#### Vegetable

Creamed Spinach

#### Accompaniments

Mashed Potatoes and Gravy

Buttered Succotash

Cajun Red Beans and Rice

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Classic Peanut Butter  
Cookies

#### Feature

Almond Toffee Tart

#### Guiltless Pleasures

No Sugar Added  
Chocolate Ice Cream

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## Main Meal

Brookdale Admiral Heights  
Monday, February 16, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

Creamed Potatoes

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Mandarin Oranges

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Brookdale Admiral Heights  
Monday, February 16, 2026

### Featured Starters

#### Soup of the Day

Carrot and Cilantro Soup

#### Salad of the Day

Mediterranean Salad

### Featured Entrees

#### Turkey Meatloaf with Feta and Sun Dried Tomatoes

A savory meatloaf of turkey, feta cheese and sundried tomatoes.

#### Beef Chow Mein

Sauteed beef with mushrooms, onions, and celery in a light soy sauce.

#### Pan-Fried Flounder

Flounder lightly crusted with cornmeal and pan-fried to golden brown.

#### Vegetable

Italian Style Zucchini

#### Accompaniments

 Baked Sweet Potato

 Steamed Broccoli

Sesame Lime Rice

### Desserts

#### Feature

Cinnamon Crumb Cake

#### Feature

Key Lime Pie

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

Brookdale Admiral Heights

Tuesday, February 17, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

Basmati Rice

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Fresh Fruit Cup

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Brookdale Admiral Heights

Tuesday, February 17, 2026

### Featured Starters

#### Soup of the Day

Garden Minestrone

#### Salad of the Day

Tossed Garden Salad

### Featured Entrees

#### Apple Glazed Chicken

Bone in chicken baked with an apple cinnamon glaze.

#### Oven Fried Cornmeal Crusted Catfish

Catfish fillets oven fried with a cornmeal crust.

#### Lamb Kebabs with Lemon-Yogurt Sauce

Marinated lamb skewers served with a lemon yogurt sauce.

#### Vegetable

 Steamed Carrots

#### Accompaniments

Oven Brown Potatoes

Buttered Kale

Cheddar Grits

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Blackberry Pie

#### Feature

Orange Chiffon Cake

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

### Brookdale Admiral Heights

Wednesday, February 18, 2026

## Seasonal Starters

### Soup of the Season

Creamy Tomato Basil Soup

### Salad of the Season

Pickled Beets Salad

## Seasonal Entrees

### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

### Accompaniment

Rissole Potatoes

### Also Available

## Seasonal Desserts

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Chilled Pears

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### Brookdale Admiral Heights

Wednesday, February 18, 2026

## Featured Starters

### Soup of the Day

Broccoli, Red Pepper and Cheddar  
Chowder

### Salad of the Day

Lettuce and Herb Salad

## Featured Entrees

### Herb Baked Haddock

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

### Fried Pork Chops with Cream Gravy

Battered and fried pork chops served with a creamy pan gravy.

### Hungarian Goulash

Hearty Hungarian beef stew prepared with a rich paprika infused gravy.

### Vegetable

Green Beans with Mushroom and Shallots

### Accompaniments

Quinoa with Mushrooms and Herbs

 Steamed Cauliflower

Au Gratin Potatoes

## Desserts

### Feature

Carrot Cake

### Feature

Vanilla Mousse

### Guiltless Pleasures

Sugar Free Chocolate  
Chip Cookie

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## Main Meal

Brookdale Admiral Heights  
Thursday, February 19, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

Orzo Pilaf

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Apricot Halves

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Brookdale Admiral Heights  
Thursday, February 19, 2026

### Featured Starters

#### Soup of the Day

Beef Vegetable Soup

#### Salad of the Day

White Bean Salad

### Featured Entrees

#### Beef Burgundy

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

#### Traditional Chicken Cacciatore

Chicken baked with tomatoes, mushrooms, bell peppers and onions.

#### Crumb Topped Fillet of Sole

Tender fish with a mustard, parmesan, bread crumb topping.

#### Vegetable

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Vegetable Blend

#### Accompaniments

Buttered Parslied Potatoes

Parmesan Noodles

### Desserts

#### Feature

Pistachio Ambrosia

#### Feature

Butter Pecan Ice Cream

#### Guiltless Pleasures

No Sugar Added  
Lemon Italian Ice

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## Main Meal

Brookdale Admiral Heights

Friday, February 20, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

Herb Seasoned Rice

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Fresh Fruit Cup

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Brookdale Admiral Heights

Friday, February 20, 2026

### Featured Starters

#### Soup of the Day

Homemade Clam Chowder

#### Salad of the Day

Wilted Lettuce Salad

### Featured Entrees

#### Friday Fish Fry

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

#### Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

#### Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

#### Vegetable

Braised Cabbage

#### Accompaniments

Classic French Fries

Cole Slaw

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Desserts

#### Feature

Strawberry Cream Pie

#### Feature

Banana Split Torte

#### Guiltless Pleasures

No Sugar Added  
Chocolate Ice Cream

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## Main Meal

Brookdale Admiral Heights

Saturday, February 21, 2026

### Seasonal Starters

#### Soup of the Season

Creamy Tomato Basil Soup

#### Salad of the Season

Pickled Beets Salad

### Seasonal Entrees

#### Seared Catfish with Roasted Corn Relish

Seared catfish fillet topped with a delicious roasted corn relish.

#### Philly Steak Sandwich

Grilled sliced beef topped with grilled onions & cheese served on a French roll.

#### Seared Chicken Breasts with Lemon Pan Sauce

Boneless chicken breast pan seared and served with lemon sauce.

#### Accompaniment

 Baked Sweet Potato

#### Also Available

### Seasonal Desserts

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Tropical Fruit

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Brookdale Admiral Heights

Saturday, February 21, 2026

### Featured Starters

#### Soup of the Day

Homestyle Chili

#### Salad of the Day

Vegetable Slaw

### Featured Entrees

#### Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

#### Broiled Salmon

Salmon fillet lightly seasoned and then broiled.

#### Chicken Alfredo Over Pasta

Chicken and fettuccine in a creamy alfredo sauce.

#### Vegetable

Roasted Parsnips and Butternut Squash

#### Accompaniments

Couscous with Herbs

 Steamed Chef's Vegetables

Mashed Potatoes and Gravy

### Desserts

#### Feature

Cherry Crisp

#### Feature

Chess Bars

#### Guiltless Pleasures

No Sugar Added  
Strawberry Ice Cream

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