

Main Meal

Brookdale Meadow Springs

Sunday, February 15, 2026

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

Bourbon Chicken

Pan seared chicken breasts cooked in a sweet gingered bourbon sauce.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Creamed Spinach

Buttered Succotash

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 Meadow Springs
Monday, February 16, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Sesame Chicken

Lightly battered fried chicken served with a sweet and sour sauce.

Beef Ragout

Tender beef tips stewed in carrots, mushrooms, onions and red wine.

- Always Available -

 **Grilled Breast of Chicken**
Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Rice Blend

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 Meadow Springs
Tuesday, February 17, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

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 Meadow Springs
Wednesday, February 18, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

Baked Rosemary Chicken

Juicy, bone-in chicken quarters seasoned with rosemary and lemon.

Baked Ham & Beans

Baked ham served with seasoned navy beans.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

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 Meadow Springs
Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

Beef Stew

Tender beef and vegetables in this homestyle classic.

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

 **Grilled Breast of Chicken**
Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

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 Meadow Springs

Friday, February 20, 2026

Salad of the Day

Wilted Lettuce Salad

Featured Entrees

Coconut Lime Chicken

Roasted chicken thighs marinated in coconut and lime.

Meatballs with Italian Tomato Sauce

Traditional beef meatballs served with a homemade tomato sauce.

- Always Available -

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

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 Meadow Springs
Saturday, February 21, 2026

Salad of the Day

Vegetable Slaw

Featured Entrees

Breaded Veal Cutlet with Mushroom Cream Sauce

Hand breaded veal cutlet baked with a creamy mushroom sauce.

Garlic Butter Cod

Delicate cod baked with homemade garlic bread crumbs.

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Chicken Salad

Tender slices of grilled chicken on mixed greens with balsamic dressing.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

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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