

Main Meal

Brookdale Central Paradise Valley

Sunday, February 8, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Potato Wedges

Also Available

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Cup

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



Brookdale Central Paradise Valley

Sunday, February 8, 2026

Featured Starters

Soup of the Day

Cream of Tomato Soup

Salad of the Day

Bacon Ranch Pea Salad

Featured Entrees

Oven Baked Fried Chicken

Crispy coated boneless breast of chicken baked in the oven until golden.

Hungarian Goulash

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

Baked Ham & Beans

Baked ham served with seasoned navy beans.

Vegetable

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Glazed Beets

Accompaniments

Mashed Potatoes and Gravy

Pasta Salad

Desserts

Feature

Lemon Meringue Pie

Feature

Frosted German
Chocolate Cake

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Central Paradise Valley

Monday, February 9, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Boiled Potatoes with Dill

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 Central Paradise Valley

Monday, February 9, 2026

Featured Starters

Soup of the Day

Vegetable Soup

Salad of the Day

Fresh Vegetable Salad

Featured Entrees

Sliced Pork Loin

Lean pork rubbed with herbs, roasted and served with a light onion gravy.

Shrimp Stir Fry

Stir fried shrimp and vegetables in a garlic soy sauce.

Bavarian Beef

Beef stew with braised cabbage and sweet and sour gingersnap gravy.

Vegetable

Braised California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Carrot and Pineapple Salad

Accompaniments

White Rice

French Fried Potatoes

Desserts

Feature

Brownies

Feature

Pumpkin Spice Mousse

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Central Paradise Valley

Tuesday, February 10, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Candied Yams

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 Central Paradise Valley

Tuesday, February 10, 2026

Featured Starters

Soup of the Day

Potato Chowder

Salad of the Day

Mixed Green Salad

Featured Entrees

Chicken with Mushroom Cream Sauce

Sauteed breast of chicken served with a mushroom cream sauce.

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

Roasted Boneless Turkey Breast

Lightly seasoned oven roasted turkey breast.

Vegetable

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Cucumber and Onion in Sour Cream
Salad

Accompaniments

Mashed Potatoes and Gravy

Rice with Mushrooms

Desserts

Feature

Yellow Cake with
Buttercream Frosting

Feature

Pineapple Delight Square

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Central Paradise Valley

Wednesday, February 11, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Northern Beans

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 Central Paradise Valley

Wednesday, February 11, 2026

Featured Starters

Soup of the Day

Chicken Noodle Soup

Salad of the Day

Vegetable Crudites with Cheese Plate

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

Stir Fry Chicken and Vegetables

Chicken breast and fresh vegetables stir-fried with ginger and soy sauce.

Pork Chops in Wine Sauce

Boneless pork chops simmered in a light white wine sauce.

Vegetable

 Steamed Carrots

Peas with Mushrooms

Accompaniments

Oven Brown Potatoes

French Fried Potatoes

Desserts

Feature

Chocolate Cream Pie

Feature

Orange Sorbet

Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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Main Meal

Brookdale Central Paradise Valley

Thursday, February 12, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

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 Central Paradise Valley

Thursday, February 12, 2026

Featured Starters

Soup of the Day

Cream of Broccoli Soup

Salad of the Day

Marinated Artichoke Salad

Featured Entrees

Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

Beef Tips

Tender beef tips simmered in a mushroom gravy.

Apricot Chicken

Grilled breast of chicken marinated in a sweet ginger and apricot glaze.

Vegetable

 Steamed Chef's Fresh Vegetables

Accompaniments

Egg Noodles

Sweet and Sour Beets

Creamy Baked Mashed Potatoes

Desserts

Feature

Applesauce Cake

Feature

Strawberry Pie

Guiltless Pleasures

No Sugar Added
Strawberry Ice Cream

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Main Meal

Brookdale Central Paradise Valley

Friday, February 13, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Curry Roasted Potatoes

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 Central Paradise Valley

Friday, February 13, 2026

Featured Starters

Soup of the Day

Lentil Soup

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Italian Sausage with Peppers and Onions

Hearty sweet and spicy Italian sausage served with onions and peppers.

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Lamb Stew

Cubes of lamb simmered with aromatic vegetables in a lamb gravy.

Vegetable

Sauteed Vegetable Blend

Accompaniments

Baked Beans

Buttered Zucchini with Yellow Squash

 Baked Sweet Potato

Desserts

Feature

Oatmeal Raisin Cookies

Feature

Mint Brownie

Guiltless Pleasures

Sugar Free Chocolate
Chip Cookie

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Main Meal

Brookdale Central Paradise Valley

Saturday, February 14, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Seasonal Entrees

Seasoned Baked Whitefish with Lemon

Seasoned and baked whitefish fillet topped with lemon juice.

Turkey and Swiss Sandwich

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniment

Lemon Risotto

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 Central Paradise Valley

Saturday, February 14, 2026

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Greek Salad

Featured Entrees

Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

Polish Sausage

Polish sausage links simmered with onions and seasonings.

Blackened Perch

Cajun seasoned perch cooked quickly in butter over high heat.

Vegetable

Cole Slaw

Accompaniments

Mashed Potatoes

Braised Red Cabbage

French Fried Potatoes

Desserts

Feature

Cherry Pie

Feature

Yellow Cake with
Buttercream Frosting

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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