

Main Meal

Brookdale Union Park
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

 **Almond Crusted Chicken Tenders**

Oven baked chicken tenders coated with an almond crust.

- Always Available -

 **Chicken Sate**

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

 Baked Potato

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Buttermilk Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Union Park
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

Chicken Sate

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Herbed Potatoes

 Steamed Spinach

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Union Park
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 Baked Tilapia

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

- Always Available -

 Chicken Sate

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiramisu Poke Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Union Park
Wednesday, February 11, 2026

Starters

Vegetable Crudites with Cheese Plate

Featured Entrees

Prize Winning Meatloaf

A perfect blend of ground beef, seasonings and oatmeal.

- Always Available -

Chicken Sate

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Anna Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Union Park
Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

 **Chicken Sate**

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Orzo Pilaf

 Steamed Butternut Squash

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Union Park
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Ham with Pineapple

Smoked ham slow roasted with brown sugar and pineapple.

- Always Available -

 **Chicken Sate**

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Northern Beans

Zesty Stewed Tomatoes

Desserts

Feature

Pecan Praline Ice
Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Union Park
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Mango Basil Shrimp

Sauteed shrimp tossed with mangos and seasoned in a spicy basil blend.

- Always Available -

Chicken Sate

Grilled chicken breast skewers served with a spicy peanut sauce.

Chili Dog

Beef frank served on a bun with homemade chili topped with onion & cheese.

Tilapia in Tomato Sauce

Tilapia cooked in a tomato, onion and garlic sauce.

Accompaniments

Mashed Potatoes

Scalloped Broccoli

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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