

Main Meal

Brookdale Farmington Hills

Sunday, February 15, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Swedish Meatloaf with Cream Sauce

Seasoned ground turkey and beef loaf, served in a rich cream sauce.

Southwestern Breast of Chicken

Chicken breast baked with a spicy cornmeal crust.

- Always Available -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Creamed Spinach

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Chipotle Mashed Potatoes

Barley Risotto

Desserts

Feature

Chocolate Pudding

Fruit

 Fresh Banana

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 Farmington Hills

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 -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Rice Blend

Warm Potato Salad

Desserts

Feature

Blueberry Streusel Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Farmington Hills
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 -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

 Steamed Carrots

Buttered Chef's Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Sweet Potato

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 Farmington Hills
Wednesday, February 18, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

 Steamed Brown Rice

Au Gratin Potatoes

Desserts

Feature

Amaretto Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Farmington Hills
Thursday, February 19, 2026

Salad of the Day

Spinach Salad with Marinated Mushrooms and Gorgonzola

Featured Entrees

Beef Burgundy

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

Turkey Meatloaf with Feta and Sun Dried Tomatoes

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

- Always Available -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

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 Farmington Hills

Friday, February 20, 2026

Salad of the Day

Tossed Green 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 -

 **Fish Tacos**

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Braised Collard Greens

Scalloped Cauliflower

Item can be prepared as an  Optimum Life Cuisine Option

Corn Grits Cakes

Horseradish Mashed Potatoes

Desserts

Feature

Mississippi Mud Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Farmington Hills
Saturday, February 21, 2026

Salad of the Day

Tomato and Crouton Salad

Featured Entrees

Breaded Veal Cutlet

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

Baked Whitefish with Lemon

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

- Always Available -

Fish Tacos

Lightly cooked fish topped with a lime infused cabbage slaw & cilantro cream.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Accompaniments

Acorn Squash with Orange Glaze

 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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