

Main Meal

Brookdale Allenmore IL

Sunday, January 4, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Sunday, January 4, 2026

Featured Starters

Soup of the Day

Salad of the Day

Roasted Chicken Soup

Cranberry Cabbage Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Macaroni and Cheese

Also Available

Vegetable

Accompaniments

Creamed Spinach

Classic Duchess Potatoes

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Pineapple Chunks

Feature

Coconut Mousse

Desserts

Feature

Almond Toffee Tart

Guiltless Pleasures

Reduced Sugar
Coconut Pudding

 Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.
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Main Meal

Brookdale Allenmore IL

Monday, January 5, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Monday, January 5, 2026

Featured Starters

Soup of the Day

Cream of Potato Soup

Salad of the Day

Mediterranean Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

BBQ Braised Beef

Tender, slow cooked beef with BBQ sauce.

Pan-Fried Flounder

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

Accompaniment

Creamed Potatoes

Also Available

Vegetable

Italian Style Zucchini

Accompaniments

Rice Blend

Roasted Broccoli

Warm Potato Salad

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Mandarin Oranges

Feature

Cinnamon Crumb Cake

Feature

Key Lime Pie

Guiltless Pleasures

No Sugar Added
Pound Cake

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Main Meal

Brookdale Allenmore IL

Tuesday, January 6, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Tuesday, January 6, 2026

Featured Starters

Soup of the Day

Harvest Soup

Salad of the Day

Tossed Garden Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Basmati Rice

Also Available

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

Tarragon Chicken

Chicken breast served with a classic, creamy tarragon sauce.

Lamb Kebabs with Lemon-Yogurt Sauce

Marinated lamb skewers served with a lemon yogurt sauce.

Vegetable

 Steamed Carrots

Accompaniments

Oven Brown Potatoes

Buttered Kale

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Item can be prepared as an  Optimum Life Cuisine Option

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Fresh Fruit Cup

Feature

Apple Pie

Feature

Orange Chiffon Cake

Guiltless Pleasures

No Sugar Added Apple Pie

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Main Meal

Brookdale Allenmore IL

Wednesday, January 7, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Wednesday, January 7, 2026

Featured Starters

Soup of the Day

Butternut Squash and Apple Soup

Salad of the Day

Lettuce and Herb Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Featured Entrees

Herb Baked Haddock

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

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

Hungarian Goulash

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

Accompaniment

Rissole Potatoes

Also Available

Vegetable

Parmesan Tomato

Accompaniments

Couscous

Sweet and Sour Cabbage

Au Gratin Potatoes

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Pears

Feature

Chocolate Frosted
Layer Cake

Feature

Vanilla Mousse

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Allenmore IL

Thursday, January 8, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Thursday, January 8, 2026

Featured Starters

Soup of the Day

Beef Vegetable Soup

Salad of the Day

White Bean Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Featured Entrees

Beef Burgundy

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

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Crumb Topped Fillet of Sole

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

Accompaniment

Orzo Pilaf

Also Available

Vegetable

Buttered Brussels Sprouts

Accompaniments

Buttered Parslied Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Vegetable Blend

Sweet Potato Casserole

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Apricot Halves

Feature

Pumpkin Pie

Feature

Butter Pecan Ice Cream

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Allenmore IL

Friday, January 9, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Friday, January 9, 2026

Featured Starters

Soup of the Day

Green Split Pea Soup

Salad of the Day

Wilted Lettuce Salad

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniment

Herb Seasoned Rice

Also Available

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.

Pork Schnitzel with Dill Sauce

Sauteed breaded pork served with a savory dill sauce.

Accompaniments

 Pan Roasted Potatoes

Vegetable

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Savory Red Wine Mushrooms

Horseradish Mashed Potatoes

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Chilled Diced Peaches

Feature

Tiger Brownie

Feature

Banana Split Torte

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Allenmore IL

Saturday, January 10, 2026

Seasonal Starters

Soup of the Season

Creamy Tomato Basil Soup

Salad of the Season

Pickled Beets Salad

Brookdale Allenmore IL

Saturday, January 10, 2026

Featured Starters

Soup of the Day

Garden Chili

Salad of the Day

Vegetable Slaw

Seasonal Entrees

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

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.

Chicken Alfredo Over Pasta

Chicken and fettuccine in a creamy alfredo sauce.

Accompaniment

 Baked Sweet Potato

Also Available

Roasted Parsnips and Butternut Squash

Accompaniments

Buttered Noodles

 Steamed Chef's Vegetables

Potato Onion Supreme

Seasonal Desserts

Ice Cream of the Month

Peppermint Ice Cream

Cookie of the Month

Spiced Cookies

Fruit

 Tropical Fruit

Feature

Cherry Crisp

Feature

Chess Bars

Guiltless Pleasures

No Sugar Added
Cherry Pie

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