

## Main Meal

Brookdale Fort Collins AL

Sunday, February 8, 2026

## Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

Chicken Green Chili Stew

A zesty stew of tender chicken thighs, potato, and chili peppers.

## - Always Available -

 Baked Tilapia

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

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

Parmesan Noodles

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Peach Pie

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

 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 Fort Collins AL  
Monday, February 9, 2026

### **Starters**

Fresh Vegetable Salad

### **Featured Entrees**

#### **Roast Pork Loin**

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

#### **- Always Available -**

#### **Baked Tilapia**

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

#### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

#### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Accompaniments**

Mashed Potatoes and Gravy

 Steamed Spinach

### **Desserts**

#### **Feature**

Pear Crisp

#### **Fruit**

 Fresh Fruit Cup

#### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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## Main Meal

Brookdale Fort Collins AL  
Tuesday, February 10, 2026

## Starters

Tossed Iceberg Salad

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## Featured Entrees

Christmas Ham

Premium ham oven baked with a sweet pineapple glaze.

## - Always Available -

 Baked Tilapia

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

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

Hawaiian Baked Beans

Sauteed Zucchini

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## Desserts

### Feature

Spice Cake with Mocha  
Frosting

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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## Main Meal

Brookdale Fort Collins AL  
Wednesday, February 11, 2026

### **Starters**

Vegetable Crudites with Cheese Plate

### **Featured Entrees**

#### **Zesty Meatloaf**

Ground beef loaf topped with a ketchup and brown sugar glaze.

#### **- Always Available -**

#### **Baked Tilapia**

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

#### **Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

#### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Accompaniments**

 Mashed Sweet Potatoes

Roasted Brussels Sprouts

### **Desserts**

#### **Feature**

Key Lime Pie

#### **Fruit**

 Fresh Fruit Cup

#### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Fort Collins AL  
Thursday, February 12, 2026

## **Starters**

Marinated Artichoke Salad

## **Featured Entrees**

**Lemon Grilled Chicken**

Grilled chicken quarters in a lemon garlic marinade.

### **- Always Available -**

 **Baked Tilapia**

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

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Homestyle Potatoes

 **Steamed Butternut Squash**

## **Desserts**

### **Feature**

Banana Cream Cake

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

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Cream of the Day

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## Main Meal

Brookdale Fort Collins AL

Friday, February 13, 2026

## Starters

Tossed Iceberg Salad

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## Featured Entrees

Polish Sausage

Polish sausage links simmered with onions and seasonings.

## - Always Available -

 Baked Tilapia

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

Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

Northern Beans

Zesty Stewed Tomatoes

## Desserts

### Feature

Peach Parfait

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

No Sugar Added Ice  
Cream of the Day

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Main Meal

Brookdale Fort Collins AL  
Saturday, February 14, 2026

## **Starters**

Greek Salad

## **Featured Entrees**

**Famous Fried Chicken**

Boneless breast of chicken hand breaded and fried to golden brown.

### **- Always Available -**

 **Baked Tilapia**

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

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

Tiger Brownie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

No Sugar Added Ice  
Cream of the Day

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