

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

Item can be prepared as an  Optimum Life Cuisine Option

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

No Sugar Added Ice
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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