

Main Meal

Brookdale Clarksville  
Sunday, February 8, 2026

## **Starters**

Carrot Raisin Salad

## **Featured Entrees**

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

**- Always Available -**

 **Baked Tilapia**

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

**Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Macaroni and Cheese

Creole Style Eggplant

## **Desserts**

**Feature**

Baked Custard 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 Clarksville  
Monday, February 9, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

### **Smothered Pork Chop with Peppers**

Bone-in pork chop simmered in a rich bell pepper and onion gravy.

### **- Always Available -**

#### **Baked Tilapia**

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

#### **Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Herbed Potatoes

Italian Style Brussels Sprouts

## **Desserts**

### **Feature**

Old Fashioned Rice  
Pudding

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Clarksville  
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 -

 Baked Tilapia

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

### Grilled Chicken Thighs

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

### Tavern Battered Cod

Battered cod flash fried to a golden brown.

## Accompaniments

Yellow Rice

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Spice Cake

### Fruit

 Fresh Apple Slices

### Guiltless Pleasures

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Clarksville  
Wednesday, February 11, 2026

## **Starters**

Tomato and Onion Salad

## **Featured Entrees**

 **Pepper Steak**

Tender strips of beef sauteed with tomatoes, onions and green peppers.

### **- Always Available -**

 **Baked Tilapia**

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

**Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Mashed Potatoes and Gravy

Roasted Brussels Sprouts

## **Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale Clarksville

Thursday, February 12, 2026

**Starters**

Mixed Green Salad

**Featured Entrees**

**Chicken Cordon Bleu**

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

**- Always Available -**

 **Baked Tilapia**

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

**Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

**Accompaniments**

Mashed Sweet Potatoes

 Steamed Cabbage

**Desserts**

**Feature**

Banana Bundt Cake

**Fruit**

 Fresh Fruit Bowl

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana  
Layer Cake

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Main Meal

Brookdale Clarksville  
Friday, February 13, 2026

## **Starters**

Tomato and Onion Salad

## **Featured Entrees**

### **Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

### **- Always Available -**

#### **Baked Tilapia**

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

#### **Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

#### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

White Rice

Classic Coleslaw

## **Desserts**

### **Feature**

Pear Crisp

### **Fruit**

 Fresh Diced Pears  
and Apples

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Clarksville  
Saturday, February 14, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

**Herb Roasted Chicken**

Chicken quarters marinated & roasted in a blend of dill, rosemary and thyme.

### **- Always Available -**

 **Baked Tilapia**

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

**Grilled Chicken Thighs**

Chicken thighs marinated in a brown sugar and soy mixture then grilled.

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Mashed Potatoes

Sauteed Okra and Tomatoes

## **Desserts**

### **Feature**

Banana Cream Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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