

Main Meal

Brookdale Tequesta AL  
Sunday, February 8, 2026

## **Starters**

Bacon Ranch Pea 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.

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Parmesan Noodles

Cream Style Corn

## **Desserts**

### **Feature**

Buttermilk 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 Tequesta AL  
Monday, February 9, 2026

## **Starters**

Fresh Vegetable Salad

## **Featured Entrees**

**Sauteed Pork Medallions with Red Peppers**

Pork medallions with Grand Marnier demi glace.

### **- Always Available -**

 **Baked Tilapia**

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

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Herbed Potatoes

 **Steamed Spinach**

## **Desserts**

### **Feature**

Lemon Bars

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Tequesta AL  
Tuesday, February 10, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

 Pecan Crusted Catfish

Flaky white catfish lightly coated with a pecan crust and oven baked.

### **- Always Available -**

 Baked Tilapia

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

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Tiramisu Poke Cake

### **Fruit**

 Fresh Apple Slices

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Tequesta AL  
Wednesday, February 11, 2026

## **Starters**

Vegetable Crudites with Cheese Plate

## **Featured Entrees**

### **Pot Roast with Gravy**

Beef roast slow cooked until tender, served with a rich gravy.

### **- Always Available -**

#### **Baked Tilapia**

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

#### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Anna Potatoes

Roasted Brussels Sprouts

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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## Main Meal

Brookdale Tequesta AL

Thursday, February 12, 2026

## **Starters**

Marinated Artichoke Salad

## **Featured Entrees**

**Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

## **- Always Available -**

 **Baked Tilapia**

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

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Parslied New Potatoes

 Steamed Butternut Squash

## **Desserts**

### **Feature**

Banana Foster Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana  
Layer Cake

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## Main Meal

Brookdale Tequesta AL  
Friday, February 13, 2026

## Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

**Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

## - Always Available -

 **Baked Tilapia**

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

**Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

**Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## Accompaniments

Northern Beans

Zesty Stewed Tomatoes

## Desserts

### Feature

Pecan Praline Ice  
Cream

### Fruit

 Fresh Diced Pears  
and Apples

### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Tequesta AL  
Saturday, February 14, 2026

## **Starters**

Greek Salad

## **Featured Entrees**

### **Turkey Fillet with Peppercorn Sauce**

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### **- Always Available -**

#### **Baked Tilapia**

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

#### **Egg Salad Sandwich**

Sandwich made with homemade egg salad and fresh lettuce.

#### **Turkey Sandwich**

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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