

## Main Meal

### Brookdale Grand Court Lubbock

Sunday, February 8, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Sunday, February 8, 2026

## **Featured Starters**

### Soup of the Day

Cream of Mushroom Soup

### Salad of the Day

Mixed Green Salad with Dressing

## **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**

### **Ginger Roasted Salmon**

Oven roasted salmon topped with a ginger honey sauce.

### **Classic Meatloaf**

A perfect blend of meats and seasonings for this classic meatloaf.

### **Pot Roast with Gravy**

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

### Accompaniment

Potato Wedges

### Also Available

### Vegetable

Buttered Green Beans

### Accompaniments

Mashed Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

### Steamed Carrots

Macaroni and Cheese

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Chilled Diced Peaches

### Feature

Chocolate Meringue Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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

### Brookdale Grand Court Lubbock

Monday, February 9, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Monday, February 9, 2026

## **Featured Starters**

### Soup of the Day

Black Bean Soup

### Salad of the Day

Mixed Green Salad with Dressing

## **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

Boiled Potatoes with Dill

### Also Available

 **Fruit**  
Chilled Diced Peaches

### **Roast Turkey**

Perfectly seasoned slow roasted turkey.

### Vegetable

 Steamed Spinach

### Accompaniments

Cornbread Stuffing

Creamed Corn

 Baked Sweet Potato

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies



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### Fruit

 Chilled Diced Peaches

### Feature

Pumpkin Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

### Brookdale Grand Court Lubbock

Tuesday, February 10, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Tuesday, February 10, 2026

## **Featured Starters**

### Soup of the Day

Corn Chowder

### Salad of the Day

Mixed Green Salad with Dressing

## **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**

### **Oven Fried Chicken**

Chicken quarters dredged in seasoned flour and oven fried until golden.

Item can be prepared as an  Optimum Life Cuisine Option

### **Polish Sausage**

Polish sausage links simmered with onions and seasonings.

### **Smothered Pork Chops**

Southern classic pan-fried pork chops covered in an onion gravy.

### Accompaniment

Fingerling Potatoes with Fresh Herbs

### Also Available

### Vegetable

Sauteed Wax Beans

### Accompaniments

Old Fashioned Potato Salad

Item can be prepared as an  Optimum Life Cuisine Option

Sauteed Bell Peppers and Onions

Pasta Salad

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Chilled Diced Peaches

### Feature

Pineapple Cake

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

Brookdale Grand Court Lubbock

Wednesday, February 11, 2026

### **Seasonal Starters**

#### Soup of the Season

Beef Broth Soup

#### Salad of the Season

Mixed Green Salad with Dressing

Brookdale Grand Court Lubbock

Wednesday, February 11, 2026

### **Featured Starters**

#### Soup of the Day

Chicken Tortilla Soup

#### Salad of the Day

Mixed Green Salad with Dressing

### **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

Baked Beans

#### Also Available

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Chilled Diced Peaches

### **Featured Entrees**

#### **Pot Roast with Gravy**

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

#### **Herb Marinated Breast of Chicken**

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

#### **BBQ Pork Chop**

Tender pork chop baked in barbecue sauce.

#### Vegetable

Roasted Brussels Sprouts

#### Accompaniments

Anna Potatoes

Baked Cauliflower

Garden Blend Rice

### **Seasonal Desserts**

#### Ice Cream of the Month

Peppermint Ice Cream

#### Cookie of the Month

Spiced Cookies

#### Fruit

 Chilled Diced Peaches

#### Feature

Cherry Pie

#### Feature

Ice Cream of the Day

#### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

### Brookdale Grand Court Lubbock

Thursday, February 12, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Thursday, February 12, 2026

## **Featured Starters**

### Soup of the Day

Hearty Navy Bean Soup

### Salad of the Day

Mixed Green Salad with Dressing

## **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

Lyonnaise Potatoes

### Also Available

### **Fruit**

Chilled Diced Peaches

### Vegetable

 Steamed Carrots and Celery with Onions

### Accompaniments

Wild Rice Blend

### **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

### **Fried Breaded Shrimp**

Golden brown breaded fried shrimp.

 Steamed Italian Mix

Twice Baked Potato

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies

### **Fruit**

Chilled Diced Peaches

### Feature

Strawberry Cake

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

### Brookdale Grand Court Lubbock

Friday, February 13, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Friday, February 13, 2026

## **Featured Starters**

### Soup of the Day

Chicken and Rice Soup

### Salad of the Day

Mixed Green Salad with Dressing

## **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

Curry Roasted Potatoes

### Also Available

### **Fruit**

Chilled Diced Peaches

### Vegetable

Cole Slaw

### Accompaniments

Hush Puppies

Kidney Bean Salad

Classic French Fries

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies



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### **Fruit**

### Feature

Baked Peach Cobbler

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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## Main Meal

### Brookdale Grand Court Lubbock

Saturday, February 14, 2026

## **Seasonal Starters**

### Soup of the Season

Beef Broth Soup

### Salad of the Season

Mixed Green Salad with Dressing

### Brookdale Grand Court Lubbock

Saturday, February 14, 2026

## **Featured Starters**

### Soup of the Day

Cream of Spinach Soup

### Salad of the Day

Mixed Green Salad with Dressing

## **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**

### **Shrimp Stir Fry**

Stir fried shrimp and vegetables in a garlic soy sauce.

### **Slow Roasted Pork and Sauerkraut**

Tender pork loin slow roasted with sauerkraut.

### **Honey Mustard Chicken Thighs**

Juicy, bone-in chicken with a honey and stoneground mustard glaze.

### Accompaniment

Vegetable Couscous

### Also Available

### Vegetable

Sauteed Cauliflower

### Accompaniments

White Rice

Item can be prepared as an  Optimum Life Cuisine Option

Pan-Asian Vegetable Toss

Egg Roll

## **Seasonal Desserts**

### Ice Cream of the Month

Peppermint Ice Cream

### Cookie of the Month

Spiced Cookies

### Fruit

 Chilled Diced Peaches

### Feature

Banana Cream Pie

### Feature

Ice Cream of the Day

### Guiltless Pleasures

Reduced Sugar Vanilla Pudding

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