

Main Meal

Brookdale Denton South
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Golden Fried Chicken

Seasoned chicken quarters, battered then fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Mashed Potatoes

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Meringue 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 Denton South
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

BBQ Ribs

Seasoned ribs basted with barbecue sauce and roasted until tender.

- Always Available -

⌚ Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Herbed Potatoes

⌚ Steamed Spinach

Desserts

Feature

Lemon Bars

Fruit

⌚ Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

⌚ Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Denton South
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Parmesan Crusted Tilapia

Sauteed tilapia, lightly breaded with parmesan cheese.

- Always Available -

⌚ Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Scalloped Potatoes

Sauteed Zucchini

Item can be prepared as an ⌚ Optimum Life Cuisine Option

Desserts

Feature

Red Velvet Cake

Fruit

⌚ Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

⌚ Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Denton South
Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Pot Roast with Gravy

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

- Always Available -

⌚ Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Homestyle Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Cobbler

Fruit

⌚ Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry Pie

⌚ Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Denton South
Thursday, February 12, 2026

Starters

Tomato and Cucumber Salad

Featured Entrees

Crumb Baked Cod

Oven baked fillet of cod coated with seasoned bread crumbs.

- Always Available -

⌚ Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Wild Rice Blend

⌚ Steamed Butternut Squash

Desserts

Feature

Banana Foster Cake

Fruit

⌚ Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake



⌚ Optimum Life Cuisine is prepared with reduced sodium, fat and cholesterol.

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Main Meal

Brookdale Denton South
Friday, February 13, 2026

Starters

Classic Coleslaw

Featured Entrees

Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

- Always Available -

⌚ Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Northern Beans

Zesty Stewed Tomatoes

Desserts

Feature

Butter Pecan Ice
Cream

Fruit

⌚ Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Denton South
Saturday, February 14, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Grilled Breast of Chicken

Marinated grilled breast of chicken.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Pulled Pork Sandwich

Slow cooked pork, shredded and served in our own BBQ sauce on a soft roll.

Accompaniments

Candied Yams

Scalloped Broccoli

Desserts

Feature

Chocolate Cream Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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