

## 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

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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

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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

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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

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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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