

Main Meal

Brookdale Carrollton  
Sunday, February 8, 2026

## Salad of the Day

Tossed Garden Salad

## Featured Entrees

### Baked Chicken

Lightly seasoned oven baked chicken breast.

### Meat Loaf with Sun Dried Tomato Gravy

Ground sirloin with Italian seasonings and a sun dried tomato sauce.

### - Always Available -

### Grilled Breast of Chicken

Marinated grilled breast of chicken.

### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

Buttered Corn

Item can be prepared as an  Optimum Life Cuisine Option

Braised Turnip Greens

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Mashed Potatoes and Gravy

## Desserts

### Feature

Coconut Cream Pie

### Fruit

 Chilled Peaches

### 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 Carrollton  
Monday, February 9, 2026

## Salad of the Day

Tossed Garden Salad

## Featured Entrees

**Sauteed Pork Medallions with Red Peppers**  
Pork medallions with Grand Marnier demi glace.

**Lemon Grilled Chicken**  
Grilled chicken quarters in a lemon garlic marinade.

### - Always Available -

 **Grilled Breast of Chicken**  
Marinated grilled breast of chicken.

**Hamburger**  
Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Hot Dog**  
Steamed hot dog served with your choice of condiments.

## Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 Stir Fried Barley

## Desserts

### Feature

Banana Pudding

### Fruit

 Chilled Peaches

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Carrollton

Tuesday, February 10, 2026

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

 **Pecan Crusted Catfish**

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

 **Veal Italiano**

Lean veal cutlet with an onion, peppers, mushrooms and tomato sauce.

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Accompaniments**

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

Oven Roasted Potatoes

**Desserts**

**Feature**

Tiramisu Poke Cake

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Carrollton

Wednesday, February 11, 2026

**Salad of the Day**

Tossed Garden Salad

**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.

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Accompaniments**

Roasted Brussels Sprouts

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

**Desserts**

**Feature**

Cherry Pie

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar Cherry Pie

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Main Meal

Brookdale Carrollton

Thursday, February 12, 2026

**Salad of the Day**

Tossed Garden Salad

**Featured Entrees**

**Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

**Country Fried Steak**

Floured beef steak, fried golden brown and served with a creamy gravy.

**- Always Available -**

 **Grilled Breast of Chicken**

Marinated grilled breast of chicken.

**Hamburger**

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Accompaniments**

 Steamed Butternut Squash

 Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

**Desserts**

**Feature**

Banana Foster Cake

**Fruit**

 Chilled Peaches

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana Layer  
Cake

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Main Meal

Brookdale Carrollton  
Friday, February 13, 2026

## Salad of the Day

Tossed Garden Salad

## Featured Entrees

### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

### Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

### - Always Available -

### Grilled Breast of Chicken

Marinated grilled breast of chicken.

### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

Zesty Stewed Tomatoes

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Baked Sweet Potato

## Desserts

### Feature

Pecan Praline Ice  
Cream

### Fruit

 Chilled Peaches

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale Carrollton  
Saturday, February 14, 2026

## Salad of the Day

Tossed Garden Salad

## Featured Entrees

### Turkey Fillet with Peppercorn Sauce

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

### Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

### - Always Available -

 **Grilled Breast of Chicken**  
Marinated grilled breast of chicken.

### Hamburger

Grilled beef patty served on a bun with fresh lettuce, tomato and onion.

### Hot Dog

Steamed hot dog served with your choice of condiments.

## Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

## Desserts

### Feature

French Silk Pie

### Fruit

 Chilled Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie

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