

## Main Meal

Brookdale Pensacola  
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 Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## Accompaniments

Parmesan Noodles

**Buttered Corn**

Item can be prepared as an  Optimum Life Cuisine Option

## 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 Pensacola  
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 Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## **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 Pensacola  
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 Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## **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 Pensacola  
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 Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## **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 Pensacola

Thursday, February 12, 2026

## **Starters**

Marinated Artichoke Salad

## **Featured Entrees**

### **Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

### **- Always Available -**

### **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## **Accompaniments**

Orzo Pilaf

 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 Pensacola  
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 Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

**Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

**Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

### **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 Pensacola  
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 Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

### **Chicken Salad Plate**

Fresh made chicken salad served on a bed of lettuce.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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