

Main Meal

Brookdale Panama City
Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

 **Rosemary and Garlic Chicken**

Marinated chicken breast baked in a rosemary and garlic wine sauce.

- Always Available -

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

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 Panama City
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Pork Stew

A combination of tender pork, onions, celery, carrots and potatoes.

- Always Available -

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

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 Panama City
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 -

 Broiled Mahi Mahi

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

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 Panama City
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 -

Broiled Mahi Mahi

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Accompaniments

Anna Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

 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 Panama City
Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Classic Sole Meunière

Pan fried sole with a lemon butter sauce.

- Always Available -

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Accompaniments

Orzo Pilaf

 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 Panama City
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 -

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

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 Panama City
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 -

 **Broiled Mahi Mahi**

Mahi Mahi fillet lightly seasoned and then broiled.

Country Fried Chicken with Gravy

Breaded chicken breast, pan fried and served with a creamy gravy.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Kielbasa

Slices of kielbasa oven baked to perfection.

Accompaniments

Mashed Potatoes

Scalloped Broccoli

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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