

Main Meal

Brookdale Troy AL
Sunday, February 8, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Risotto Primavera

 **Steamed Chef's Fresh Vegetables**

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Fruit Bowl

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 Troy AL
Monday, February 9, 2026

Starters

Tossed Garden Salad

Featured Entrees

Baked Pork Chops with Peppers and Onions

Braised boneless pork chops covered in a pepper and onion gravy.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Garlic Mashed Potatoes

 Grilled Vegetables

Desserts

Feature

Creamy Banana
Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Sugar Free Lemon
Cookie

 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 Troy AL
Tuesday, February 10, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Chicken Stroganoff**

Sauteed chicken, onions and mushrooms in a light sour cream sauce.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Garden Blend Rice

 **Steamed Chef's Fresh Vegetables**

Desserts

Feature

Pound Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

 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 Troy AL
Wednesday, February 11, 2026

Starters

Tossed Garden Salad

Featured Entrees

Braised Beef Brisket

Beef brisket braised until tender.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Garlic Whipped Potatoes

 Grilled Vegetables

Desserts

Feature

Chocolate Cream Pie

Fruit

 Fresh Fruit Bowl

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 Troy AL

Thursday, February 12, 2026

Starters

Tossed Garden Salad

Featured Entrees

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Parmesan Noodles

 Steamed Chef's Fresh Vegetables

Desserts

Feature

Tiramisu Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

 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 Troy AL
Friday, February 13, 2026

Starters

Tossed Garden Salad

Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

French Fried Potatoes

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Ice Cream of the Day

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

 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 Troy AL
Saturday, February 14, 2026

Starters

Tossed Garden Salad

Featured Entrees

Famous Fried Chicken

Boneless breast of chicken hand breaded and fried to golden brown.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Mashed Sweet Potatoes

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Honey Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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

We invite you to share your comments with your Dining Leaders.

