

Main Meal

Brookdale Fort Walton Beach

Sunday, February 8, 2026

Starters

Bacon Ranch Pea Salad

Featured Entrees

Baked Cornish Game Hen

Lightly buttered baked Cornish hen stuffed with seasoned vegetables.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Mashed Potatoes and Gravy

Roasted Green Beans

Desserts

Feature

Cherry Pie

Fruit

 Fresh Cantaloupe

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

 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 Fort Walton Beach

Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Veal Marsala with Mushrooms

Tender veal cutlet, sauteed and finished with a mushroom wine sauce.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Herbed Potatoes

Lemon Butter Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Creamy Pudding

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Fort Walton Beach

Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

Shrimp Chow Mein

Savory shrimp with mushrooms, onions and celery in a light soy sauce.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Egg Roll

Soy Ginger Sauteed Bell Peppers

Desserts

Feature

Vanilla Cream Cake

Fruit

Chunky Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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Main Meal

Brookdale Fort Walton Beach
Wednesday, February 11, 2026

Starters

Tossed Green Salad

Featured Entrees

Ranch Cube Steak

Breaded tender beef, pan fried and served with a zesty ranch sauce.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Pasta Salad

Buttered California Mix

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Banana Cream Pie

Fruit

Tropical Fruit Cup

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Fort Walton Beach
Thursday, February 12, 2026

Starters

Marinated Tomato and Onion Salad

Featured Entrees

Crab Cake

A fried cake of crabmeat, bread crumbs, onion and chiles.

- Always Available -

Chicken Caesar and Pasta Salad

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

Turkey Burger

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Wild Rice Blend

 Steamed Corn

Desserts

Feature

Carrot Cake

Fruit

 Fresh Cantaloupe

Guiltless Pleasures

Reduced Sugar Vanilla
Pudding

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Main Meal

Brookdale Fort Walton Beach

Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Creamy Mushroom Pork Chops

Sautéed pork chops served with a light creamy mushroom sauce.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Cornbread Stuffing

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Ice Cream

Fruit

 Fresh Banana

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Fort Walton Beach
Saturday, February 14, 2026

Starters

Mixed Green Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Chicken Caesar and Pasta Salad**

Chicken breast tossed with penne pasta and a light creamy Caesar dressing.

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

 **Turkey Burger**

Ground turkey patties with lettuce, tomato, and onion served on a bun.

Accompaniments

Mashed Maple Walnut Sweet Potatoes

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Peach Cobbler

Fruit

Chunky Applesauce

Guiltless Pleasures

Reduced Sugar
Chocolate Pudding

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