

Main Meal

Brookdale Hendersonville East

Sunday, February 8, 2026

Salad of the Day

Mixed Green Salad with Dressing

Featured Entrees

 **Cornflake Chicken**

Boneless breast of chicken coated with cornflake crust & baked until tender.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

 **Italian Baked Flounder**

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Buttered Corn

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Scalloped Potatoes

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 Hendersonville East

Monday, February 9, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

 **Italian Baked Flounder**

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

 Steamed Spinach

Baked Acorn Squash

Item can be prepared as an  Optimum Life Cuisine Option

Herbed Potatoes

 Stir Fried Barley

Desserts

Feature

Lemon Bars

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Hendersonville East

Tuesday, February 10, 2026

Salad of the Day

Mixed Green 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 -

 Italian Baked Flounder

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

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

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Hendersonville East
Wednesday, February 11, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

Italian Baked Flounder

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

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 Hendersonville East

Thursday, February 12, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

Italian Baked Flounder

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

 Steamed Butternut Squash

 Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana Layer
Cake

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Main Meal

Brookdale Hendersonville East

Friday, February 13, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

Italian Baked Flounder

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

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

 Fresh Diced Pears and
Apples

Guiltless Pleasures

No Sugar Added Vanilla
Ice Cream

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Main Meal

Brookdale Hendersonville East

Saturday, February 14, 2026

Salad of the Day

Mixed Green Salad with Dressing

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 -

Italian Baked Flounder

Flounder fillet baked in an Italian style tomato and herb sauce.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Chicken Tenders

Golden baked breaded chicken tenders.

Accompaniments

Scalloped Broccoli

Braised Red Cabbage

Mashed Potatoes

Wild Rice Blend

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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