

Main Meal

Brookdale Mankato  
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 -**

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

**Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **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 Mankato  
Monday, February 9, 2026

## **Starters**

Fresh Vegetable Salad

## **Featured Entrees**

### **Seasoned Baked Pork Chops**

Baked pork chop encrusted with a ginger-cayenne breading.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Herbed Potatoes

 Steamed Carrots

## **Desserts**

### **Feature**

Lemon Bars

### **Fruit**

 Chilled Pears

### **Guiltless Pleasures**

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Mankato  
Tuesday, February 10, 2026

## **Starters**

Mixed Green Salad

## **Featured Entrees**

### **Chicken Breast Parmesan**

Breaded chicken baked with marinara sauce and mozzarella cheese.

### **- Always Available -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Homestyle Potatoes

Roasted Asparagus

## **Desserts**

### **Feature**

Honey Cake

### **Fruit**

 Fresh Apple Slices

### **Guiltless Pleasures**

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale Mankato  
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 -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Anna Potatoes

Peas with Carrots

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale Mankato  
Thursday, February 12, 2026

## **Starters**

Marinated Artichoke Salad

## **Featured Entrees**

Oven Roasted Chicken

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

### **- Always Available -**

 Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Tavern Battered Cod

Battered cod flash fried to a golden brown.

## **Accompaniments**

Boston Baked Beans

 Steamed Butternut Squash

## **Desserts**

### **Feature**

Glazed Lemon Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Banana  
Layer Cake

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## Main Meal

Brookdale Mankato  
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 -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

**Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

**Tavern Battered Cod**

Battered cod flash fried to a golden brown.

### Accompaniments

Northern Beans

Zesty Stewed Tomatoes

### Desserts

#### Feature

Black Forest Brownies

#### Fruit

 Fresh Diced Pears  
and Apples

#### Guiltless Pleasures

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Mankato  
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 -**

#### **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

### **Cowboy Burger**

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

### **Tavern Battered Cod**

Battered cod flash fried to a golden brown.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

Reduced Sugar  
Chocolate Cream Pie

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