

Main Meal

Brookdale Pinehurst
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.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Parmesan Noodles

Cream Style Corn

Desserts

Feature

Custard 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 Pinehurst
Monday, February 9, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Sauteed Pork Medallions with Red Peppers
Pork medallions with Grand Marnier demi glace.

- Always Available -

 **Grilled Chicken Breast**
Marinated breast of chicken seasoned and grilled.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Herbed Potatoes

 Steamed Spinach

Desserts

Feature
Lemon Bars

Fruit
 Chilled Pears

Guiltless Pleasures
Sugar Free Lemon
Cookie

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Main Meal

Brookdale Pinehurst
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 -

 Grilled Chicken Breast

Marinated breast of chicken seasoned and grilled.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Hush Puppies

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Gelatin Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Pinehurst
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.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Anna Potatoes

Roasted Brussels Sprouts

Desserts

Feature

Pumpkin Pie

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Pinehurst

Thursday, February 12, 2026

Starters

Marinated Artichoke Salad

Featured Entrees

Crab Cake

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

- Always Available -

 **Grilled Chicken Breast**

Marinated breast of chicken seasoned and grilled.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Parslied New Potatoes

 Steamed Butternut Squash

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Pinehurst
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.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Northern Beans

Zesty Stewed Tomatoes

Desserts

Feature

Strawberry Ice Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Pinehurst
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.

Beef Soft Tacos

Seasoned ground beef in flour tortilla with salsa, cheese, lettuce & tomato.

Baked Parmesan Tilapia

Tilapia fillet coated in seasoned breadcrumbs and parmesan cheese.

Accompaniments

Mashed Potatoes

Scalloped Broccoli

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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