

Main Meal

Brookdale San Marcos South

Sunday, February 8, 2026

Starters

Mixed Green Salad

Featured Entrees

 Baked Halibut

Fillet of halibut baked in the oven with a squeeze of lemon juice.

- Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Wild Rice Blend

Buttered Fresh Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pecan Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
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 San Marcos South

Monday, February 9, 2026

Starters

Mixed Green Salad

Featured Entrees

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Herb Roasted Red Potatoes

 Steamed Spinach

Desserts

Feature

Pumpkin Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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

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Main Meal

Brookdale San Marcos South

Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Grilled Breast of Chicken with Fruit Relish**

Grilled breast of chicken served with a refreshing apricot ginger relish.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Wild Rice Blend

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiramisu Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Peach
Pie

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Main Meal

Brookdale San Marcos South
Wednesday, February 11, 2026

Starters

Mixed Green Salad

Featured Entrees

Pot Roast with Gravy

Beef roast slow cooked until tender, served with a rich gravy.

- Always Available -

Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Bacon Mashed Potatoes

Sauteed Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale San Marcos South
Thursday, February 12, 2026

Starters

Mixed Green Salad

Featured Entrees

Chicken Thighs Parmesan

Boneless chicken thighs baked in marinara and a blend of Italian cheeses.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Rice Pilaf

Buttered Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Carrot Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Fruits
of the Forest Pie

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

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Main Meal

Brookdale San Marcos South

Friday, February 13, 2026

Starters

Mixed Green Salad

Featured Entrees

Roast Beef with Au Jus

Seasoned beef, slow roasted until tender, served with Au Jus.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Oven Roasted Potatoes

Sauteed Vegetable Blend

Desserts

Feature

Pecan Pie

Fruit

 Fresh Fall Fruit Cup

Guiltless Pleasures

No Sugar Added Apple Pie

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

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Main Meal

Brookdale San Marcos South
Saturday, February 14, 2026

Starters

Mixed Green Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

- Always Available -

 Baked Chicken

Lightly seasoned oven baked chicken breast.

Grilled Two Cheese, Bacon and Tomato Sandwich

Cheddar and provolone cheese, tomato and bacon toasted on white bread.

Grilled Salmon Salad

Grilled salmon on mixed greens with red wine vinaigrette & goat cheese.

Accompaniments

Rice with Mushrooms

Sauteed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

French Silk Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added
Cherry Pie

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

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