

Main Meal

Brookdale Kerrville  
Sunday, February 15, 2026

## **Starters**

Cranberry Cabbage Salad

## **Featured Entrees**

**Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

### **- Always Available -**

 **Citrus Tilapia**

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Classic Duchess Potatoes

Creamed Spinach

## **Desserts**

### **Feature**

Coconut Mousse

### **Fruit**

 Pineapple Chunks

### **Guiltless Pleasures**

Reduced Sugar  
Coconut 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 Kerrville  
Monday, February 16, 2026

## Starters

Mediterranean Salad

## Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

### - Always Available -

 Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Hot Dog

Steamed hot dog served with your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

## Accompaniments

Rice Blend

Italian Style Zucchini

## Desserts

### Feature

Cinnamon Crumb Cake

### Fruit

 Mandarin Oranges

### Guiltless Pleasures

No Sugar Added Pound  
Cake

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Main Meal

Brookdale Kerrville  
Tuesday, February 17, 2026

## Starters

Tossed Garden Salad

## Featured Entrees

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

### - Always Available -

 **Citrus Tilapia**

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## Accompaniments

Oven Brown Potatoes

 Steamed Carrots

## Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple  
Pie

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Main Meal

Brookdale Kerrville

Wednesday, February 18, 2026

**Starters**

Lettuce and Herb Salad

**Featured Entrees**

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

**- Always Available -**

 Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**Accompaniments**

Couscous

Parmesan Tomato

**Desserts**

**Feature**

Chocolate Frosted  
Layer Cake

**Fruit**

 Chilled Pears

**Guiltless Pleasures**

Reduced Sugar  
Chocolate Mousse  
Layer Cake

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Main Meal

Brookdale Kerrville  
Thursday, February 19, 2026

## Starters

White Bean Salad

## Featured Entrees

 Beef Burgundy

Lean beef with mushrooms, carrots and onions in a wine sauce.

### - Always Available -

 Citrus Tilapia

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

Hot Dog

Steamed hot dog served with your choice of condiments.

Chicken Tenders

Golden baked breaded chicken tenders.

## Accompaniments

Buttered Parslied Potatoes

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Pumpkin Pie

### Fruit

 Apricot Halves

### Guiltless Pleasures

Reduced Sugar  
Pumpkin Pie

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Main Meal

Brookdale Kerrville  
Friday, February 20, 2026

## Starters

Wilted Lettuce Salad

## Featured Entrees

 **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

### - Always Available -

 **Citrus Tilapia**

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## Accompaniments

 Pan Roasted Potatoes

**Braised Collard Greens**

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Tiger Brownie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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Main Meal

Brookdale Kerrville  
Saturday, February 21, 2026

## **Starters**

Vegetable Slaw

## **Featured Entrees**

 **Breaded Veal Cutlet**

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

### **- Always Available -**

 **Citrus Tilapia**

Grilled tilapia fillet marinated in a duo of citrus juices and seasonings.

**Hot Dog**

Steamed hot dog served with your choice of condiments.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Buttered Noodles

Roasted Parsnips and Butternut Squash

## **Desserts**

### **Feature**

Cherry Crisp

### **Fruit**

 Tropical Fruit

### **Guiltless Pleasures**

No Sugar Added  
Cherry Pie

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