

Main Meal

Brookdale Texarkana
Sunday, February 15, 2026

Starters

Cranberry Cabbage Salad

Featured Entrees

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

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 Texarkana
Monday, February 16, 2026

Starters

Mediterranean Salad

Featured Entrees

Tandoori Chicken Thighs

Grilled chicken thighs in an Indian-inspired yogurt marinade.

- Always Available -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Rice Blend

Italian Style Zucchini

Desserts

Feature

Cinnamon Crumb Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

 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 Texarkana
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Black Eyed Peas and Sausage

Seasoned black eyed peas with smoked sausage.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Oven Brown Potatoes

 Steamed Carrots

Desserts

Feature

Apple 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 Texarkana
Wednesday, February 18, 2026

Starters

Lettuce and Herb Salad

Featured Entrees

 Oven Fried Catfish

A healthy oven fried alternative to traditional fried catfish.

- Always Available -

 Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Classic French Fries

Sour Cream Cole Slaw

Desserts

Feature

Chocolate Frosted
Layer Cake

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

 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 Texarkana
Thursday, February 19, 2026

Starters

White Bean Salad

Featured Entrees

 **Salisbury Steak**

A baked blend of lean ground beef, onions and bread crumbs.

- Always Available -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

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

 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 Texarkana
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 -

Chicken Florentine

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

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

 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 Texarkana
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 -

 **Chicken Florentine**

Chicken breast baked with spinach, mushrooms and a cream sauce.

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Noodles

Roasted Parsnips and Butternut Squash

Desserts

Feature

Cherry Crisp

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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

We invite you to share your comments with your Dining Leaders.

