

Main Meal

Brookdale San Marcos North

Sunday, February 15, 2026

## **Salad of the Day**

Mixed Green Salad with Dressing

## **Featured Entrees**

### **Stuffed Green Peppers**

Pepper filled with beef and rice, baked with tomato sauce and cheese.

### **Zesty Blackened Catfish**

Fillet of catfish dusted with blackening spice then lightly sauteed.

### **- Always Available -**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

### **Chicken Stuffed Baked Potato**

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

 Steamed California Mix

Buttered Lima Beans

Item can be prepared as an  Optimum Life Cuisine Option

Au Gratin Potatoes

Buttered Hominy

## **Desserts**

### **Feature**

Chocolate Pudding

### **Fruit**

Ambrosia Salad

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

 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 North

Monday, February 16, 2026

## **Salad of the Day**

Tossed Green Salad

## **Featured Entrees**

### **Chicken with Country Gravy**

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

### **Ground Round Steak with Onions**

Tender beef patties served with sauteed onions and tomato sauce.

## **- Always Available -**

### **Catch of the Day**

Ask your server about today's healthy baked fish.

### **Chicken Stuffed Baked Potato**

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Carrot Salad with Raisins

Fried Okra

Mashed Potatoes and Gravy

Macaroni and Cheese

## **Desserts**

### **Feature**

Frosted German  
Chocolate Cake

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale San Marcos North  
Tuesday, February 17, 2026

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Pork Chop with Stuffing**

Baked boneless pork chops with an onion sage stuffing.

### **Pineapple Teriyaki Chicken Thighs**

Grilled teriyaki marinated chicken thighs topped with grilled pineapple.

### **- Always Available -**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

### **Chicken Stuffed Baked Potato**

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Charred Brussels Sprouts

Broccoli Casserole

Calico French Fries

 Black Eyed Peas

## **Desserts**

### **Feature**

Apple Pie

### **Fruit**

 Chilled Peaches

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale San Marcos North  
Wednesday, February 18, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### General Tso's Chicken

Classic style white meat chicken coated in chili garlic and soy sauce.

### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

### - Always Available -

### Catch of the Day

Ask your server about today's healthy baked fish.

### Chicken Stuffed Baked Potato

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

Buttered Carrots

Soy Ginger Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Fried Rice

Egg Roll

## Desserts

### Feature

Coconut Cake

### Fruit

 Chilled Pears

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale San Marcos North  
Thursday, February 19, 2026

## Salad of the Day

Tossed Garden Salad

## Featured Entrees

### **Meatballs with Italian Tomato Sauce**

Traditional beef meatballs served with a homemade tomato sauce.

### **Traditional Roast Turkey**

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

### **- Always Available -**

### **Catch of the Day**

Ask your server about today's healthy baked fish.

### **Chicken Stuffed Baked Potato**

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## Accompaniments

Fried Zucchini

Italian Style Italian Blend

Pasta of the Day

 Roasted Italian Herb Potatoes

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Ice Cream of the Day

### Fruit

 Fresh Fruit Bowl

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale San Marcos North

Friday, February 20, 2026

## Salad of the Day

Classic Coleslaw

## Featured Entrees

Friday Fish Fry

Fresh catch of the day, breaded and deep fried to a light golden brown.

 Beef Burgundy

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

### - Always Available -

 Catch of the Day

Ask your server about today's healthy baked fish.

Chicken Stuffed Baked Potato

Chicken stuffed baked potato topped with bacon and cheddar cheese.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

## Accompaniments

 Roasted Broccoli and Cauliflower

Lemon Butter Corn

Item can be prepared as an  Optimum Life Cuisine Option

Egg Noodles

Hush Puppies

## Desserts

### Feature

Mixed Berry Pie

### Fruit

Chilled Applesauce

### Guiltless Pleasures

No Sugar Added Vanilla  
Ice Cream

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Main Meal

Brookdale San Marcos North  
Saturday, February 21, 2026

## **Salad of the Day**

Tossed Garden Salad

## **Featured Entrees**

### **Shrimp Fajitas**

Tequila lime marinated shrimp sauteed with onions & peppers in a tortilla.

### **Oven Roasted Chicken**

Chicken quarters seasoned with fresh rosemary, garlic and lemon.

### **- Always Available -**

#### **Catch of the Day**

Ask your server about today's healthy baked fish.

### **Chicken Stuffed Baked Potato**

Chicken stuffed baked potato topped with bacon and cheddar cheese.

### **Grilled Cheese Sandwich**

American cheese on white bread grilled to a golden brown.

## **Accompaniments**

Broccoli Raisin Salad

 Steamed Chef's Vegetables

Cilantro Rice

Sweet Potato Tots

## **Desserts**

### **Feature**

Cherry Crisp

### **Fruit**

 Fresh Fruit Bowl

### **Guiltless Pleasures**

No Sugar Added Vanilla  
Ice Cream

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