

Main Meal

Brookdale LaCrosse AL
Sunday, February 15, 2026

Starters

Tossed Garden Salad

Featured Entrees

Classic Meatloaf

A perfect blend of meats and seasonings for this classic meatloaf.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Mashed Potatoes and Gravy

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Vanilla Cream Pudding

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 LaCrosse AL
Monday, February 16, 2026

Starters

Tossed Garden Salad

Featured Entrees

Roast Turkey Breast

Slow roasted lightly seasoned turkey breast.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Homestyle Bread Stuffing

Sauteed Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Banana Cream Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale LaCrosse AL
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

 Applesauce Pork Chop

Lean bone-in pork chop topped with applesauce and cinnamon and baked.

- Always Available -

 Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Candied Yams

Italian Style Brussels Sprouts

Desserts

Feature

Cherry Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale LaCrosse AL
Wednesday, February 18, 2026

Starters

Tossed Garden Salad

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

White Rice

Buttered Chef's Mixed Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Angel Food Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale LaCrosse AL
Thursday, February 19, 2026

Starters

Tossed Garden Salad

Featured Entrees

Baked Ham

Premium ham slow roasted with a sweet pineapple honey mustard glaze.

- Always Available -

Baked Tilapia

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Baked Potato

Sauteed Yellow Squash

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Brownies

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale LaCrosse AL
Friday, February 20, 2026

Starters

Tossed Garden Salad

Featured Entrees

Chicken Cordon Bleu

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Mashed Potatoes and Gravy

Sauteed 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 Ice
Cream of the Day

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Main Meal

Brookdale LaCrosse AL
Saturday, February 21, 2026

Starters

Tossed Garden Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

 **Baked Tilapia**

Fillet of tilapia baked in the oven and topped with a squeeze of lemon juice.

Cheeseburger

All beef patty with melted American cheese and your choice of condiments.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Accompaniments

Macaroni and Cheese

 Steamed Butternut Squash

Desserts

Feature

Cheesecake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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