

Main Meal

Brookdale Browns Creek
Sunday, February 15, 2026

Starters

Tossed Garden Salad

Featured Entrees

Hamburger Stroganoff

Sauteed ground beef and mushrooms in a creamy stroganoff sauce.

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Pasta Salad

 Steamed Broccoli

Desserts

Feature

Bread Pudding

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

 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 Browns Creek
Monday, February 16, 2026

Starters

Tossed Garden Salad

Featured Entrees

Cornmeal Fried Catfish

Catfish fillet in a buttermilk cornmeal breading fried until golden brown.

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Tater Tots

 Steamed Fresh Green Beans

Desserts

Feature

Chocolate Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Browns Creek
Tuesday, February 17, 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.

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Mashed Sweet Potatoes

Grilled Asparagus with Yellow Pepper Coulis

Desserts

Feature

Cherry Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Browns Creek
Wednesday, February 18, 2026

Starters

Tossed Garden Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

- Always Available -

 **Baked Tilapia**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Red Beans and Rice

Fried Okra

Desserts

Feature

Mexican Wedding Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Browns Creek
Thursday, February 19, 2026

Starters

Tossed Garden Salad

Featured Entrees

 **Salisbury Steak**

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

- Always Available -

 **Baked Tilapia**

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

 Baked Potato

Peas with Carrots

Desserts

Feature

Ice Cream of the Day

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Browns Creek
Friday, February 20, 2026

Starters

Tossed Garden Salad

Featured Entrees

Fried Chicken

Choice of light or dark meat hand breaded and fried to golden brown.

Item can be prepared as an  Optimum Life Cuisine Option

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Pinto Beans

 Steamed Cabbage

Desserts

Feature

Lemon Meringue Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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Main Meal

Brookdale Browns Creek
Saturday, February 21, 2026

Starters

Tossed Garden Salad

Featured Entrees

Smothered Pork Chops

Southern classic pan-fried pork chops covered in an onion gravy.

- Always Available -

Baked Tilapia

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

Grilled Cheese Sandwich

American cheese on white bread grilled to a golden brown.

Cottage Cheese and Fresh Fruit Plate

A delicious arrangement of fresh seasonal fruit with low fat cottage cheese.

Accompaniments

Buttered Parslied Egg Noodles

 Steamed California Mix

Desserts

Feature

Bread Pudding

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Orange
Gelatin

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