

Main Meal

Brookdale Tullahoma
Sunday, February 15, 2026

Starters

Cranberry Cabbage Salad

Featured Entrees

Simmered Beef Brisket

Beef brisket simmered with herbs and seasonings until tender.

- Always Available -

Chicken Florentine

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

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
Monday, February 16, 2026

Starters

Mediterranean Salad

Featured Entrees

Turkey Piccata

Sauteed breast of turkey served with a lemon caper sauce.

- Always Available -

 **Chicken Florentine**

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

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Baked Glazed Ham

Premium oven baked ham with a sweet pineapple glaze.

- Always Available -

 **Chicken Florentine**

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

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
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 -

 Chicken Florentine

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

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
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 -

 **Chicken Florentine**

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

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
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.

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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 Tullahoma
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.

Breaded Pork Chop

Lightly seasoned boneless pork chop breaded and baked until tender.

Tuna Fish Salad Sandwich

Homemade tuna salad served on white bread.

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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