

Main Meal

Brookdale Gallatin

Sunday, February 15, 2026

Salad of the Day

Cranberry Cabbage Salad

Featured Entrees

Traditional Roast Turkey

Traditional, oven-roasted whole fresh turkey.

Item can be prepared as an  Optimum Life Cuisine Option

Baked Ham

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

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

 Roasted Fresh Green Beans and
Red Peppers

Buttered Succotash

Item can be prepared as an  Optimum Life Cuisine Option

Cornbread Stuffing

Barley Risotto

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 Gallatin

Monday, February 16, 2026

Salad of the Day

Mediterranean Salad

Featured Entrees

Chicken Thighs Dijon

Roasted bone-in chicken basted with a savory Dijon-infused pan sauce.

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

Italian Style Zucchini

Roasted Broccoli

Rice Blend

Warm Potato Salad

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 Gallatin

Tuesday, February 17, 2026

Salad of the Day

Tossed Garden Salad

Featured Entrees

Navy Beans and Smoked Sausage

Seasoned navy beans simmered with smoked sausage.

Zesty Blackened Catfish

Fillet of catfish dusted with blackening spice then lightly sauteed.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

 Steamed Carrots

Buttered Kale

Item can be prepared as an  Optimum Life Cuisine Option

Red Beans and Rice

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

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 Gallatin

Wednesday, February 18, 2026

Salad of the Day

Lettuce and Herb Salad

Featured Entrees

 **Chicken A La King**

Tender chicken simmered in a rich mushroom gravy.

Braised Pork Chop with Gravy

Braised boneless pork chop served with a savory pan gravy.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

Parmesan Tomato

Sweet and Sour Cabbage

Couscous

Au Gratin Potatoes

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 Gallatin

Thursday, February 19, 2026

Salad of the Day

White Bean Salad

Featured Entrees

Cube Steak with Mushroom Sherry Sauce

Cube steak simmered in a creamy mushroom gravy.

Chicken Breast Parmesan

Breaded chicken baked with marinara sauce and mozzarella cheese.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

Buttered Brussels Sprouts

Sauteed Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Parslied Potatoes

Sweet Potato Casserole

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 Gallatin

Friday, February 20, 2026

Salad of the Day

Wilted Lettuce 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

Southern Style Pot Roast

Tender beef simmered with vegetables in this southern style dish.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

Braised Collard Greens

Savory Red Wine Mushrooms

Item can be prepared as an  Optimum Life Cuisine Option

 Pan Roasted Potatoes

Horseradish Mashed Potatoes

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 Gallatin

Saturday, February 21, 2026

Salad of the Day

Vegetable Slaw

Featured Entrees

Herb Roast Loin of Pork

Lean loin of pork rubbed with an herb blend and slow roasted.

Honey Baked Ham

Premium slow roasted ham with a pineapple honey mustard glaze.

- Always Available -

 **Baked Chicken**

Lightly seasoned oven baked chicken breast.

Cowboy Burger

A juicy burger lathered with BBQ sauce, onion straws & pepper jack cheese

Turkey and Swiss Melt

Sliced turkey breast and Swiss cheese grilled on sourdough.

Accompaniments

Roasted Parsnips and Butternut
Squash

 Steamed Chef's Vegetables

Buttered Noodles

Potato Onion Supreme

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.

