

## Main Meal

Brookdale Hixson  
Sunday, February 15, 2026

### Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

### Featured Entrees

**Simmered Beef Brisket**

Beef brisket simmered with herbs and seasonings until tender.

**- Always Available -**

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

### Accompaniments

 Baked Potato

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 Hixson

Monday, February 16, 2026

## Starters

Tossed Iceberg Salad

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## Featured Entrees

 Cornflake Chicken

Boneless breast of chicken coated with cornflake crust & baked until tender.

### - Always Available -

 Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## 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 Hixson

Tuesday, February 17, 2026

## Starters

Tossed Iceberg Salad

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## Featured Entrees

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

### - Always Available -

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

**Chicken Tenders**

Golden baked breaded chicken tenders.

**BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

Mashed Potatoes and Gravy

 Steamed Carrots

## Desserts

### Feature

Apple Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

No Sugar Added Apple  
Pie

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## Main Meal

### Brookdale Hixson

Wednesday, February 18, 2026

## Starters

Tossed Iceberg Salad

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## Featured Entrees

 Herb Baked Haddock

Baked haddock fillet marinated in white wine, mustard, and herbs.

### - Always Available -

 Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

### Chicken Tenders

Golden baked breaded chicken tenders.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

White Rice

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 Hixson

Thursday, February 19, 2026

## Starters

### Tossed Iceberg Salad

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## Featured Entrees

### Beef Goulash

Lean beef, potatoes and tomatoes in a healthy version of the classic.

### - Always Available -

### Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

### Chicken Tenders

Golden baked breaded chicken tenders.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

## Accompaniments

### Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Pumpkin Pie

### Fruit

 Mandarin Oranges

### Guiltless Pleasures

Reduced Sugar  
Pumpkin Pie

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## Main Meal

Brookdale Hixson  
Friday, February 20, 2026

### Starters

Tossed Iceberg Salad

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### Featured Entrees

 **Chicken with Country Gravy**

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

### - Always Available -

 **Seasoned Grilled Salmon**

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

### **Chicken Tenders**

Golden baked breaded chicken tenders.

### **BLT Plate**

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

### Accompaniments

 Pan Roasted Potatoes

Braised Collard Greens

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### Desserts

#### Feature

Tiger Brownie

#### Fruit

 Chilled Peaches

#### Guiltless Pleasures

Reduced Sugar  
Chocolate Brownie

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## Main Meal

Brookdale Hixson  
Saturday, February 21, 2026

### Starters

Tossed Iceberg Salad

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### Featured Entrees

 Breaded Veal Cutlet

Lean veal cutlet, lightly breaded, baked until tender, served with gravy.

### - Always Available -

 Seasoned Grilled Salmon

Grilled salmon fillet seasoned with oregano and a splash of lemon juice.

### Chicken Tenders

Golden baked breaded chicken tenders.

### BLT Plate

Crisp bacon, lettuce and tomato on white bread with cottage cheese & fruit.

### Accompaniments

Buttered Noodles

Chef's Southern Style Greens

### Desserts

#### Feature

Cherry Crisp

#### Fruit

 Tropical Fruit

#### Guiltless Pleasures

No Sugar Added  
Cherry Pie

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