

Main Meal

Brookdale Richland Hills AL
Sunday, February 15, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

 **Beef Goulash**

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

- Always Available -

 **Lemon Baked Cod**

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Classic Duchess Potatoes

Italian Style California Blend

Desserts

Feature

Caramel Bars

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Lime
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 Richland Hills AL
Monday, February 16, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

 Baked Chicken

Lightly seasoned oven baked chicken breast.

- Always Available -

 Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Rice Pilaf

Sauteed Bell Peppers and Onions

Desserts

Feature

Gelatin Cake

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Richland Hills AL
Tuesday, February 17, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Applesauce Pork Chop

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

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Oven Brown Potatoes

 Roasted Fresh Green Beans and Red Peppers

Desserts

Feature

Apple Pie

Fruit

 Fresh Banana

Guiltless Pleasures

Sugar Free Lime
Gelatin

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Main Meal

Brookdale Richland Hills AL
Wednesday, February 18, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Thanksgiving Turkey with Dressing and Gravy
Classic roasted turkey served with herb stuffing and turkey gravy.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Sweet Potato Casserole

Roasted Green Beans

Desserts

Feature

Banana Cream Cake

Fruit

 Orange Segments

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Richland Hills AL
Thursday, February 19, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

Pot Roast

Tender pot roast braised in a rich broth with carrots, celery and onion.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Buttered Parslied Potatoes

Buttered Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Ice Cream of the Day

Fruit

 Orange Segments

Guiltless Pleasures

Sugar Free Lime
Gelatin

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Main Meal

Brookdale Richland Hills AL

Friday, February 20, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

 Chicken Stir Fry

Fresh vegetables and strips of chicken in a light ginger soy sauce.

- Always Available -

 Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Fried Rice

Braised Collard Greens

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Pecan Pie

Fruit

 Orange Segments

Guiltless Pleasures

Sugar Free Strawberry
Gelatin

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Main Meal

Brookdale Richland Hills AL
Saturday, February 21, 2026

Starters

Fresh Vegetable Salad

Featured Entrees

BBQ Pulled Pork

Slow cooked pork, shredded and served in BBQ sauce.

- Always Available -

Lemon Baked Cod

Lemon marinated cod topped with sauteed onions and parsley.

All Beef Hot Dog

Steamed hot dog on a bun served with your choice of toppings.

Turkey Sandwich

Turkey breast, thinly sliced, served with tomato and lettuce on wheat bread.

Accompaniments

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

Roasted Broccoli

Desserts

Feature

Chocolate Croissant

Fruit

 Orange Segments

Guiltless Pleasures

Sugar Free Lime
Gelatin

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