

## Main Meal

Brookdale Farmers Branch  
Sunday, February 15, 2026

### Starters

Pico and Guacamole 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.

#### Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

#### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Accompaniments

French Fried Potatoes

Creamed Spinach

### Desserts

#### Feature

Red Velvet Cupcake  
with Cream Cheese  
Frosting

#### Fruit

 Pineapple Chunks

#### Guiltless Pleasures

Sugar Free Chocolate  
Chip Cookie

 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 Farmers Branch  
Monday, February 16, 2026

## **Starters**

Mediterranean Salad

## **Featured Entrees**

**Chicken Cordon Bleu**

Breaded and baked chicken breast stuffed with ham and Swiss cheese.

### **- Always Available -**

 **Baked Tilapia**

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

**Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

**Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

## **Accompaniments**

 Baked Potato

**Buttered Fresh Green Beans**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

**Feature**

Lemon Cake

**Fruit**

 Fresh Grapes

**Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Farmers Branch  
Tuesday, February 17, 2026

## **Starters**

Pineapple Carrot Raisin Salad

## **Featured Entrees**

**Baked Glazed Ham**

Premium oven baked ham with a sweet pineapple glaze.

### **- Always Available -**

 **Baked Tilapia**

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

**Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

**Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

## **Accompaniments**

Egg Roll

Dilled Brussels Sprout Medley

## **Desserts**

**Feature**

Eggnog Pie

**Fruit**

 Fresh Banana

**Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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Main Meal

Brookdale Farmers Branch  
Wednesday, February 18, 2026

## **Starters**

Beet and Apple Salad

## **Featured Entrees**

 Grilled Salmon

Grilled salmon fillet seasoned with a splash of fresh lemon juice.

### **- Always Available -**

 Baked Tilapia

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

### **Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

### **Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

## **Accompaniments**

Fried Rice

Sauteed Fresh Vegetable Blend

## **Desserts**

### **Feature**

Cheesecake with  
Cherry Topping

### **Fruit**

 Chilled Diced Peaches

### **Guiltless Pleasures**

No Sugar Added  
Strawberry Ice Cream

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Main Meal

Brookdale Farmers Branch  
Thursday, February 19, 2026

## **Starters**

Tomato, Mozzarella and Basil Salad

## **Featured Entrees**

### **Italian Meatloaf**

Meatloaf seasoned with garlic and basil and baked in a tomato sauce.

### **- Always Available -**

#### **Baked Tilapia**

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

### **Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

### **Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

## **Accompaniments**

Mashed Potatoes

### **Buttered Carrots**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Classic Tiramisu

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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## Main Meal

### Brookdale Farmers Branch

Friday, February 20, 2026

## Starters

### Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

## Featured Entrees

### BBQ Grilled Chicken Thighs

Boneless chicken grilled and basted with a homemade barbecue sauce.

### - Always Available -

### Baked Tilapia

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

### Turkey and Swiss Sandwich

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

## Accompaniments

Sweet Potato Casserole

Fried Okra

## Desserts

### Feature

Strawberry Pie

### Fruit

 Chilled Diced Peaches

### Guiltless Pleasures

Sugar Free Lemon  
Cookie

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Main Meal

Brookdale Farmers Branch  
Saturday, February 21, 2026

## **Starters**

Tomato and Crouton Salad

## **Featured Entrees**

### **Friday Fish Fry**

Fresh catch of the day, breaded and deep fried to a light golden brown.

### **- Always Available -**

#### **Baked Tilapia**

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

### **Turkey and Swiss Sandwich**

Sliced turkey served with Swiss cheese, tomato and lettuce on wheat bread.

### **Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

## **Accompaniments**

Hush Puppies

Roasted Broccoli

## **Desserts**

### **Feature**

Chocolate Croissant

### **Fruit**

 Mandarin Oranges

### **Guiltless Pleasures**

No Sugar Added  
Vanilla Ice Cream

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