

Main Meal

Brookdale Canton AL
Sunday, February 15, 2026

Starters

Tossed Garden Salad

Featured Entrees

Country Fried Steak

Floured beef steak, fried golden brown and served with a creamy gravy.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Mashed Potatoes

Peas with Carrots

Desserts

Feature

Eclair

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 Canton AL
Monday, February 16, 2026

Starters

Greek Salad

Featured Entrees

Tuscan Chicken

Tender sautéed chicken served with a white wine sauce.

- Always Available -

 **Chicken Florentine**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Buttered Noodles

 Steamed Chef's Mixed Vegetables

Desserts

Feature

Chocolate Peanut
Butter Cake

Fruit

 Mandarin Oranges

Guiltless Pleasures

No Sugar Added Pound
Cake

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Main Meal

Brookdale Canton AL
Tuesday, February 17, 2026

Starters

Tossed Garden Salad

Featured Entrees

Pork Chop with Stuffing

Baked boneless pork chops with an onion sage stuffing.

- Always Available -

 **Chicken Florentine**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Homestyle Bread Stuffing

Glazed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Meringue Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Apple
Pie

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Main Meal

Brookdale Canton AL
Wednesday, February 18, 2026

Starters

Creamy Cole Slaw

Featured Entrees

Barbecue Chicken

Chicken quarters grilled and basted with homemade barbecue sauce.

- Always Available -

 **Chicken Florentine**

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Corn Grits Cakes

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Traditional Apple
Strudel

Fruit

 Chilled Pears

Guiltless Pleasures

Reduced Sugar
Chocolate Mousse
Layer Cake

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Main Meal

Brookdale Canton AL
Thursday, February 19, 2026

Starters

Tossed Garden Salad

Featured Entrees

Peppered Roast Beef

Lean beef round seasoned with peppercorns and slow roasted.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

White Rice

Buttered Broccoli

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Strawberry Mousse

Fruit

 Apricot Halves

Guiltless Pleasures

Reduced Sugar
Pumpkin Pie

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Main Meal

Brookdale Canton AL
Friday, February 20, 2026

Starters

 Marinated Cucumber, Tomato and Onion Salad

Featured Entrees

 Baked Cod

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

- Always Available -

 Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

 Baked Potato

 Steamed Chef's Mixed Vegetables

Desserts

Feature

Cherry Cobbler

Fruit

 Chilled Diced Peaches

Guiltless Pleasures

Reduced Sugar
Chocolate Brownie

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Main Meal

Brookdale Canton AL
Saturday, February 21, 2026

Starters

Creamy Cole Slaw

Featured Entrees

Baked Ham & Beans

Baked ham served with seasoned navy beans.

- Always Available -

Chicken Florentine

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

Country Style Meatloaf

Classic ground beef and pork meatloaf, topped with ketchup.

Tavern Battered Cod

Battered cod flash fried to a golden brown.

Accompaniments

Cornbread Stuffing

Buttered Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Lemon Bars

Fruit

 Tropical Fruit

Guiltless Pleasures

No Sugar Added
Cherry Pie

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