

Main Meal

Brookdale Arvada  
Sunday, February 1, 2026

## **Starters**

Roasted Beet, Pear and Walnut Salad

## **Featured Entrees**

### **Rosemary Roast Leg of Lamb**

Tender lamb seasoned with garlic and rosemary, roasted to perfection.

### **- 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**

#### Pan Roasted Potatoes

Ratatouille

## **Desserts**

### **Feature**

Banana Split

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Strawberry  
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 Arvada  
Monday, February 2, 2026

## **Starters**

Marinated Carrot Salad

## **Featured Entrees**

### **BBQ Grilled Chicken Thighs**

Boneless chicken grilled and basted with a 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**

 Spanish Rice

Potato Salad

## **Desserts**

### **Feature**

Cherry Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Arvada

Tuesday, February 3, 2026

**Starters**

Pineapple Cole Slaw

**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**

 Baked Potato

**Buttered Carrots**

Item can be prepared as an  Optimum Life Cuisine Option

**Desserts**

**Feature**

Apple Dumplings

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Arvada

Wednesday, February 4, 2026

## **Starters**

Triple Bean Salad

## **Featured Entrees**

**Shrimp Chow Mein**

Savory shrimp with mushrooms, onions and celery in a light soy 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**

White Rice

**Buttered Kohlrabi**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Frosted German  
Chocolate Cake

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Arvada

Thursday, February 5, 2026

**Starters**

Lettuce and Herb Salad

**Featured Entrees**

**Breaded Pork Chop**

Lightly seasoned boneless pork chop breaded and baked until tender.

**- 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**

Au Gratin Potatoes

 Steamed Brussels Sprouts

**Desserts**

**Feature**

Apple Pie

**Fruit**

 Fresh Fruit Cup

**Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Arvada  
Friday, February 6, 2026

## Starters

Arugula and Pear Salad

## Featured Entrees

### Chicken Cacciatore

Chicken quarters braised in tomato sauce with mushrooms and peppers.

### - 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

### Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

### Buttered Asparagus

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

Coconut Cake

### Fruit

 Fresh Fruit Cup

### Guiltless Pleasures

Sugar Free Strawberry  
Gelatin

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Main Meal

Brookdale Arvada  
Saturday, February 7, 2026

## **Starters**

Potato Salad

## **Featured Entrees**

### **Swiss Steak with Tomatoes**

Tender, lean cube steak oven baked with onions and tomatoes.

### **- 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

 Steamed California Mix

## **Desserts**

### **Feature**

Cream Puffs

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Sugar Free Strawberry  
Gelatin

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