

Main Meal

Brookdale Longmont  
Sunday, February 8, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

 **Seasoned Trout with Lemon**

Trout fillet baked in the oven with a squeeze of lemon juice.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Parmesan Noodles

**Buttered Corn**

Item can be prepared as an  Optimum Life Cuisine Option

## **Desserts**

### **Feature**

Honey Cake

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

 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 Longmont  
Monday, February 9, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

 Applesauce Pork Chop

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

**- Always Available -**

 Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Herbed Potatoes

 Steamed Spinach

## **Desserts**

### **Feature**

Homemade Bread  
Pudding

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

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Main Meal

Brookdale Longmont  
Tuesday, February 10, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

 Chicken Divan

Breast of chicken baked with broccoli in a light cream sauce.

### **- Always Available -**

 Alice's Chicken Salad

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Parmesan Polenta

Sauteed Zucchini

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## **Desserts**

### **Feature**

Pumpkin Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

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Main Meal

Brookdale Longmont  
Wednesday, February 11, 2026

## **Starters**

Tossed Green Salad

## **Featured Entrees**

**Pot Roast with Gravy**

Beef roast slow cooked until tender, served with a rich gravy.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Anna Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

 Apple Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

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Main Meal

Brookdale Longmont  
Thursday, February 12, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Classic Sole Meunière**

Pan fried sole with a lemon butter sauce.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Orzo Pilaf

 Steamed Butternut Squash

## **Desserts**

### **Feature**

Banana Foster Cake

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

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## Main Meal

Brookdale Longmont  
Friday, February 13, 2026

### Starters

Tossed Iceberg Salad

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### Featured Entrees

**Honey Mustard Ham Steak**

Sliced ham steak brushed with honey mustard then broiled.

### - Always Available -

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

### Accompaniments

Northern Beans

Zesty Stewed Tomatoes

### Desserts

#### Feature

Pecan Praline Ice  
Cream

#### Fruit

 Fresh Fruit Cup

#### Guiltless Pleasures

Light Ice Cream  
Novelty

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Main Meal

Brookdale Longmont  
Saturday, February 14, 2026

## **Starters**

Tossed Garden Salad

## **Featured Entrees**

**Turkey Fillet with Peppercorn Sauce**

Sauteed turkey served with a dijon, white wine, and peppercorn sauce.

### **- Always Available -**

 **Alice's Chicken Salad**

Chicken tossed with cantaloupe, grapes & almonds in a light yogurt dressing.

**Spaghetti with Meat Sauce**

Al dente spaghetti served with homemade meat sauce.

**Chicken Tenders**

Golden baked breaded chicken tenders.

## **Accompaniments**

Mashed Potatoes

Scalloped Broccoli

## **Desserts**

### **Feature**

French Silk Pie

### **Fruit**

 Fresh Fruit Cup

### **Guiltless Pleasures**

Light Ice Cream  
Novelty

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