

Main Meal

Brookdale Tanque Verde
Sunday, February 8, 2026

Starters

Tex Mex Kale Coleslaw

Featured Entrees

 **Chicken A La King**

Tender chicken simmered in a rich mushroom 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

Parmesan Noodles

Brussels Sprout Casserole

Desserts

Feature

Apple Pie

Fruit

 Fresh Melon Cup

Guiltless Pleasures

Reduced Sugar Basic
Custard

 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 Tanque Verde
Monday, February 9, 2026

Starters

Cucumber Salad

Featured Entrees

Roast Sirloin of Beef with Gravy

Seasoned sirloin of beef slow roasted until tender served with a rich 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

Herbed Potatoes

 Steamed Butternut Squash

Desserts

Feature

Boston Cream Mini
Croissant

Fruit

 Chilled Pears

Guiltless Pleasures

Sugar Free Lemon
Cookie

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Main Meal

Brookdale Tanque Verde
Tuesday, February 10, 2026

Starters

Mixed Green Salad

Featured Entrees

 **Oven Fried Chicken**

A healthy oven fried alternative to traditional fried chicken.

- 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

French Fried Potatoes

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Desserts

Feature

Tiramisu Cake

Fruit

 Fresh Apple Slices

Guiltless Pleasures

Reduced Sugar Frosted
Yellow Cake

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Main Meal

Brookdale Tanque Verde
Wednesday, February 11, 2026

Starters

Tomato Parmesan Salad

Featured Entrees

Southwestern Braised Beef

Tender beef simmered in a zesty tomato sauce with bell 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

Mashed Potatoes

 Steamed California Mix

Desserts

Feature

Cherry Cobbler

Fruit

 Chilled Peaches

Guiltless Pleasures

Reduced Sugar Cherry
Pie

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Main Meal

Brookdale Tanque Verde
Thursday, February 12, 2026

Starters

Bell Pepper, Tomato and Cucumber Salad

Featured Entrees

 **Rosemary Chicken With Garlic and Lemon**

Chicken breast lightly marinated in garlic and rosemary then broiled.

- 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

Parslied New Potatoes

 Steamed Carrots

Desserts

Feature

Banana Foster Cake

Fruit

 Fresh Fruit Bowl

Guiltless Pleasures

Reduced Sugar
Chocolate Banana
Layer Cake

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Main Meal

Brookdale Tanque Verde
Friday, February 13, 2026

Starters

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Homemade Shepherd's Pie

Rich ground beef stew baked with a mashed potato topping.

- 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 and Gravy

Roasted Cauliflower

Desserts

Feature

Vanilla Ice Cream

Fruit

 Fresh Diced Pears
and Apples

Guiltless Pleasures

No Sugar Added
Vanilla Ice Cream

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Main Meal

Brookdale Tanque Verde
Saturday, February 14, 2026

Starters

Greek Salad

Featured Entrees

Stir Fried Chicken with Chinese Cabbage

Chicken breast stir fried with napa cabbage and water chestnuts.

- 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

Fluffy White Rice

Sauteed Zucchini with Peppers and Onions

Desserts

Feature

French Silk Pie

Fruit

 Tropical Fruit

Guiltless Pleasures

Reduced Sugar
Chocolate Cream Pie

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