

Main Meal

Brookdale Boulder Creek
Sunday, February 8, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Sauteed Mediterranean Chicken

Tender chicken breasts simmered with onion, tomatoes & Kalamata olives.

Savory Swiss Steak

Classic round steak cooked in a rich tomato sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Buttered Yellow Squash

 Steamed Carrots

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

Roasted Red Skin Potatoes

Desserts

Feature

Chocolate Peanut Butter
Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

 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 Boulder Creek
Monday, February 9, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Applesauce Pork Chop

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

Shrimp Stir Fry

Stir fried shrimp and vegetables in a garlic soy sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

 Steamed Broccoli

Sauteed Sugar Snap Peas

Item can be prepared as an  Optimum Life Cuisine Option

Egg Roll

Orange with Sweet Bell Peppers Rice

Desserts

Feature

Strawberry Mousse

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Boulder Creek
Tuesday, February 10, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

 **Pan Seared Salmon**

Salmon fillet lightly seasoned and pan seared.

 **Applesauce Pork Chop**

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

- Always Available -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Sauteed Brussels Sprouts

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

 Baked Sweet Potato

Boiled Potatoes with Dill

Desserts

Feature

Frosted Banana Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Boulder Creek
Wednesday, February 11, 2026

Salad of the Day

Tossed Iceberg Salad

Item can be prepared as an  Optimum Life Cuisine Option

Featured Entrees

Pot Roast with Gravy

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

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

- Always Available -

 **Baked Whitefish with Lemon**

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Roasted Root Vegetables

Baked Cauliflower

Hush Puppies

Rice with Mushrooms

Desserts

Feature

Pecan Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Boulder Creek
Thursday, February 12, 2026

Salad of the Day

Caesar Salad

Featured Entrees

Bourbon Chicken Thighs

Baked chicken marinated in garlic, ginger, brown sugar and bourbon.

Beef Burgundy

Tender beef with mushrooms, onion and carrots served in a wine sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Corn on the Cob

 Fresh Vegetable Blend

Item can be prepared as an  Optimum Life Cuisine Option

Macaroni and Cheese

 Baked Potato

Desserts

Feature

Angel Food Cake

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Boulder Creek
Friday, February 13, 2026

Salad of the Day

Tossed Green Salad

Featured Entrees

Slow Roasted Pork and Sauerkraut

Tender pork loin slow roasted with sauerkraut.

Tilapia with Citrus Vinaigrette

Pan seared tilapia with a citrus white wine shallot sauce.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Sauteed Mushrooms and Onions

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Refried Beans

Egg Noodles

Desserts

Feature

Butterscotch Brownie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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Main Meal

Brookdale Boulder Creek
Saturday, February 14, 2026

Salad of the Day

Mixed Green Salad

Featured Entrees

Cajun Jambalaya

Fresh vegetable, chicken, cajun sausage and rice casserole.

Roast Pork Loin

Lean pork roast rubbed with fresh thyme and oregano then slow roasted.

- Always Available -

Baked Whitefish with Lemon

Seasoned fillet of whitefish topped with a squeeze of lemon juice and baked.

Sweet and Sour Meatballs

Homemade meatballs simmered in a sweet and sour sauce.

Vegetarian Pasta and Chickpeas

Tender pasta tossed with peppers, fennel, tomatoes and spiced chickpeas.

Accompaniments

Roasted Lemon Asparagus

Braised Red Cabbage

White Rice

Potato Wedges

Desserts

Feature

Apple Pie

Fruit

 Fresh Fruit Cup

Guiltless Pleasures

No Sugar Added Ice
Cream of the Day

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