

Main Meal

Brookdale North Boulder  
Sunday, February 8, 2026

## **Salad of the Day**

Bold Winter Greens Salad

## **Featured Entrees**

### **Chicken with Country Gravy**

Tender chicken breast served with a hearty, yet healthful pan gravy.

### **Homemade Shepherd's Pie**

Rich ground beef stew baked with a mashed potato topping.

### **- Always Available -**

### **Herbed Chicken Salad**

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### **Tuna Salad Plate**

Classic tuna salad served on a bed of lettuce.

### **Egg Salad Plate**

Classic egg salad served on a bed of lettuce.

## **Accompaniments**

Buttered Corn

 Steamed Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Parmesan Noodles

 Baked Sweet Potato

## **Desserts**

### **Feature**

Chocolate Cream 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 North Boulder  
Monday, February 9, 2026

## Salad of the Day

Fresh Vegetable Salad

## Featured Entrees

**Sauteed Pork Medallions with Red Peppers**  
Pork medallions with Grand Marnier demi glace.

**Lemon Grilled Chicken**  
Grilled chicken quarters in a lemon garlic marinade.

### - Always Available -

 **Herbed Chicken Salad**  
Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

**Tuna Salad Plate**  
Classic tuna salad served on a bed of lettuce.

**Egg Salad Plate**  
Classic egg salad served on a bed of lettuce.

## Accompaniments

 Steamed Spinach      Baked Acorn Squash with Mustard and Honey

Herbed Potatoes       Steamed Brown Rice

## Desserts

Feature  
Lemon Bars

Fruit  
 Chilled Pears

Guiltless Pleasures  
Sugar Free Lemon  
Cookie

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Main Meal

Brookdale North Boulder  
Tuesday, February 10, 2026

## Salad of the Day

Mixed Green Salad

## Featured Entrees

### Mediterranean Style Tuna

Fillet of tuna baked with onion, tomatoes, kalamata olives and wine.

### Orange Thyme Pork Chops

Broiled boneless pork chop marinated in orange juice, thyme and parsley.

## - Always Available -

### Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Egg Salad Plate

Classic egg salad served on a bed of lettuce.

## Accompaniments

Sauteed Zucchini

Item can be prepared as an  Optimum Life Cuisine Option

Buttered Green Beans

Item can be prepared as an  Optimum Life Cuisine Option

Hush Puppies

Oven Roasted Potatoes

## Desserts

### Feature

Tiramisu Cake

### Fruit

 Fresh Apple Slices

### Guiltless Pleasures

Reduced Sugar Frosted  
Yellow Cake

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Main Meal

Brookdale North Boulder  
Wednesday, February 11, 2026

## Salad of the Day

Waldorf Salad

## Featured Entrees

### Pot Roast with Gravy

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

### Herb Marinated Breast of Chicken

Grilled chicken marinated in lemon, rosemary, thyme and garlic.

### - Always Available -

### Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Egg Salad Plate

Classic egg salad served on a bed of lettuce.

## Accompaniments

Lemon Parmesan Broccoli

Baked Cauliflower

Anna Potatoes

Garden Blend Rice

## Desserts

### Feature

Cherry Pie

### Fruit

 Chilled Peaches

### Guiltless Pleasures

Reduced Sugar Cherry  
Pie

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Main Meal

Brookdale North Boulder  
Thursday, February 12, 2026

## Salad of the Day

Marinated Artichoke Salad

## Featured Entrees

### Citrus Baked Cod

Seasoned baked cod topped with lemon and orange zest.

### Country Fried Steak

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

### - Always Available -

### Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Egg Salad Plate

Classic egg salad served on a bed of lettuce.

## Accompaniments

 Steamed Chef's Fresh Vegetables

 Fresh Vegetable Blend

Orzo Pilaf

Parslied New Potatoes

## Desserts

### Feature

Banana Cream Cake

### Fruit

 Fresh Fruit Bowl

### Guiltless Pleasures

Reduced Sugar  
Chocolate Banana Layer  
Cake

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Main Meal

Brookdale North Boulder  
Friday, February 13, 2026

## Salad of the Day

Sesame Ginger Slaw

## Featured Entrees

### Honey Mustard Ham Steak

Sliced ham steak brushed with honey mustard then broiled.

### Sauteed Salmon

Salmon fillet lightly seasoned and sauteed.

### - Always Available -

### Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Egg Salad Plate

Classic egg salad served on a bed of lettuce.

## Accompaniments

Parmesan Tomato

Buttered Chef's Fresh Vegetables

Item can be prepared as an  Optimum Life Cuisine Option

Northern Beans

 Orange Scented Rice Pilaf with Almonds

## Desserts

### Feature

Pecan Praline Ice Cream

### Fruit

 Fresh Diced Pears and Apples

### Guiltless Pleasures

No Sugar Added Vanilla Ice Cream

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Main Meal

Brookdale North Boulder  
Saturday, February 14, 2026

## Salad of the Day

Greek Salad

## Featured Entrees

### Tuscan Chicken

Tender sautéed chicken served with a white wine sauce.

### Roast Pork Loin

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

### - Always Available -

### Herbed Chicken Salad

Chicken, carrot, bell pepper & herbed dressing topped with mandarin oranges.

### Tuna Salad Plate

Classic tuna salad served on a bed of lettuce.

### Egg Salad Plate

Classic egg salad served on a bed of lettuce.

## Accompaniments

Scalloped Cauliflower

Braised Red Cabbage

Mashed Potatoes

Pasta of the Day

Item can be prepared as an  Optimum Life Cuisine Option

## Desserts

### Feature

French Silk Pie

### Fruit

 Tropical Fruit

### Guiltless Pleasures

Reduced Sugar  
Chocolate Cream Pie

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