

# October 2021 Menu Brookfield Senior Center 660-258-2577

\$3.00 Suggested contribution for meals for 60 years & over      \$6.75 Cost for meals 59 years & under

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Menus are subject to change without notice	2% Low Fat Milk is provided with each daily meal			Smoked Sausage & Cabbage Carrots Whole Wheat Roll Peaches	Senior Commodity Boxes 9-11:30am 
3	4	5	6	7	8	9
Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind	Chili Cheese Dog Cole Slaw Pears	Beef Stroganoff Broccoli Whole Wheat Roll Applesauce	Mushroom Steak Baked Potato Mixed Vegetables Whole Wheat Roll Fruit Pudding	Ham & Beans Beets Cornbread Bread Pudding	Chicken Salad on Bun Macaroni Salad Tomato Wedges Fresh Fruit	Senior Commodity Boxes can also be picked up Oct 4 <sup>th</sup> – 8 <sup>th</sup> , from 1:00–3:00 pm <b>NEED TO CALL FIRST</b>
10	11	12	13	14	15	16
<b>ATTENTION:</b> Please store your meal in the refrigerator, if not eaten immediately	<b>CENTER IS CLOSED IN OBSERVANCE OF COLUMBUS DAY HOLIDAY</b>	Vegetable Beef Soup Crackers Applesauce	Turkey & Dressing Green Beans Whole Wheat Roll Peaches	Chicken Strips Macaroni & Cheese Peas & Carrots Whole Wheat Roll Fruit Jell-O	Fish on Bun Potato Wedges Cole Slaw Pineapple	
17	18	19	20	21	22	23
<b>AS A REMINDER:</b> IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Ham & Scalloped Potatoes Carrots Whole Wheat Roll Mixed Fruit	Roast Beef Mashed Potatoes Hominy Whole Wheat Roll Peaches	Chicken Livers Spinach Baked Potatoes Whole Wheat Roll Fruit Jell-O	Biscuits & Gravy Eggs Hashbrowns Fresh Fruit	Ravioli's Spinach Salad Garlic Bread Tropical Fruit	Birthday Luncheon winner for the month of August is Wayne Amen!!
24/31	25	26	27	28	29	30
<b>YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM</b>	Taco Soup Chips Mandarin Oranges	Meatloaf Beans & Potatoes Whole Wheat Roll Fruit Dessert	Seasoned Chicken Rice Winter Mix Whole Wheat Roll Peaches	Salisbury Steak Mashed Potatoes Green Beans Whole Wheat Roll Pears	Pulled Pork on Bun Cole Slaw Corn Mixed Fruit	last day of each month – Oct 29 <sup>th</sup> 