

November 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	3	4	5	6
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Spaghetti & Meatballs Lettuce Salad Garlic Bread Mandarin Oranges	Smoked Sausage & Potatoes Peas & Carrots Whole Wheat Roll Peaches	Chicken Pot Pie Cottage Cheese Biscuit Fruit Dessert	Country Fried Steak Mashed Potatoes Whole Wheat Roll Pears	Hamburger on Bun Lettuce & Tomatoes Potato Wedges Fruit Pudding	Senior Commodity Boxes 9-11:30am 
7	8	9	10	11	12	13
Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind	Ham Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll Applesauce	Swiss Steak Baked Potato Butter Beans Whole Wheat Roll Fruit Crisp	Taco Salad Corn Chips Tropical Fruit	Chicken Nuggets Macaroni & Cheese Mixed Vegetables Whole Wheat Roll Mixed Fruit	Sloppy Joe on Bun Baked Beans Coleslaw Peaches	Senior Commodity Boxes can also be picked up Nov 8 – 12 th , from 1:00–3:00 pm NEED TO CALL FIRST
14	15	16	17	18	19	20
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Tuna & Noodles Peas Whole Wheat Roll Pineapple	Chicken & Noodles Mashed Potatoes Carrots Whole Wheat Roll Pudding	Smothered Pork Cutlet Buttered Potatoes Hominy Whole Wheat Roll Mixed Fruit	Chicken Livers Cabbage Lima Beans Whole Wheat Roll Fruit Jell-O	BBQ Rib Patty on Bun Potato Wedges Tomato Wedges Peaches	
21	22	23	24	25	26	27
AS A REMINDER: IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Tater Tot Casserole Lettuce Salad Whole Wheat Roll Pears	Vegetable Beef Soup Crackers Applesauce	Turkey & Dressing Mashed Potatoes Green Beans Whole Wheat Roll Cranberry Sauce Pumpkin Dessert	CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING DAY	CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING HOLIDAY	
28	29	30				
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Chili Carrots & Celery Crackers Pears	Pork Roast Mashed Potatoes Carrots Whole Wheat Roll Applesauce	last day of each month – Nov 30 th 	Birthday Luncheon winner for the month of September is David Ingram!!	Menus are subject to change without notice	2% Low Fat Milk is provided with each daily meal