





December 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
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	2% Low Fat Milk is provided with each daily meal	Menus are subject to change without notice	Beef Stroganoff Peas Whole Wheat Roll Fruit Pudding	Turkey Pot Pie Biscuit Lettuce Salad Mixed Fruit	Ham & Beans Beets Coleslaw Cornbread Bread Pudding	Senior Commodity Boxes 9-11:30am 
5	6	7	8	9	10	11
Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind	Biscuits & Gravy Eggs Hashbrowns Peaches	Hamburger Mac n Cheese Casserole Hominy Whole Wheat Roll Apricots	Beef & Noodle s Mashed Potatoes Calif. Blend Veggies Whole Wheat Roll Fruit De ssert	Chicken Strips Baked Potato Butter Beans Whole Wheat Roll Tropical Fruit	Goulash Italian Vegetables Garlic Bread Mandarin Oranges	Senior Commodity Boxes can also be picked up Dec 6 – 10 th , from 1:00–3:00 pm NEED TO CALL FIRST
12	13	14	 15	16	17	18
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Taco Soup Chips Fruit Pudding	Chicken Livers Macaroni & Cheese Brussel Sprouts Whole Wheat Roll Mixed Fruit	Scalloped Ham & Potatoes Green Beans Whole Wheat Roll Peaches	Cabbage Casserole Mixed Vegetables Whole Wheat Roll Pears	Swiss Steak Baked Potato Lima Beans Whole Wheat Roll Pineapple	Birthday Luncheon winner for the month of October is David Cassity!!
19	20	21	22	23	 24	25
AS A REMINDER: IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Meatball Sub Sandwich Pasta Salad Tropical Fruit	Roast Beef Mashed Potatoes Green Beans Whole Wheat Roll Applesauce	Smothered Pork Cutlet Baked Potato Peas & Carrots Whole Wheat Roll Pears	Fish Coleslaw Baked Beans Whole Wheat Roll Peaches	Ham Sweet Potatoes Carrots Whole Wheat Roll Baked Apples	
26	27	28	29	30	 31	
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	CENTER IS CLOSED IN OBSERVANCE OF CHRISTMAS HOLIDAY	Taco Salad Chips Corn Tropical Fruit	Chicken Pot Pie Biscuit Fruit De ssert	Meatloaf Cheesy Potatoes Green Beans Jell-O Applesauce	Rib Patty on Bun Potato Wedges Tomato Wedges Mandarin Oranges	last day of each month – Dec 31 st 