



June 2022 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	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind		Smothered Chicken Breast Rice Pilaf Lima Beans Whole Wheat Roll Jell-O Applesauce	Pork Roast Mashed Potatoes Carrots Whole Wheat Roll Plums	Sloppy Joe on Bun Potato Wedges 3 Bean Salad Fruit Dessert	
5	6	7	8	9	10	11
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Beef Stroganoff Mixed Vegetables Whole Wheat Roll Peaches	Pork Chop & Dressing Green Beans Whole Wheat Roll Pears	Swiss Steak Baked Potato Spinach Whole Wheat Roll Pudding	Ravioli's Lettuce Salad Garlic Bread Pineapple	Chicken Salad on Bun Macaroni Salad Tomato Wedges Fresh Fruit	Senior Commodity Boxes 9-11:30am 
12	13	14	15	16	17	18
2% Low Fat Milk is provided with each daily meal	Tater Tot Casserole Cottage Cheese Whole Wheat Roll Mandarin Oranges	Roast Beef Mashed Potatoes Carrots Whole Wheat Roll Fruit Jell-O	Ham & Beans Coleslaw Beets Cornbread Bread Pudding	Chicken Strips Buttered Potato Butter Beans Whole Wheat Roll Applesauce	Fish on Bun Macaroni & Cheese Pea Salad Peaches	Senior Commodity Boxes can also be picked up Jun 13- 17 th , from 1:00-3:00 pm NEED TO CALL FIRST
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	Ham & Scalloped Potatoes Winter Mix Veggies Whole Wheat Roll Mixed Fruit	Chicken Mashed Potatoes Green Beans Whole Wheat Roll Pears	Taco Soup Chips Fresh Fruit	Chicken Livers Baked Potato Lima Beans Whole Wheat Roll Pudding	Hamburger Mac & Cheese Spinach Whole Wheat Roll Peaches	Birthday Luncheon winner for the month of April is JoAnn Papke!!
26	27	28	29	30		
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Biscuit & Gravy Eggs Hashbrowns Applesauce	Turkey & Dressing Carrots Whole Wheat Roll Fruit Pudding	Salisbury Steak Butter Potatoes Peas Whole Wheat Roll Mandarin Oranges & Pineapple	Beef Stew Beets Biscuit Baked Apples	last day of each month – June 30 th 	Menus are subject to change without notice