






August 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	5	6
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Ham & Scalloped Potatoes Calif Blend Veggies Whole Wheat Roll Apricots	Smothered Chicken Breast Rice Pilaf Brussel Sprouts Whole Wheat Roll Pineapple	Beef Stroganoff Mixed Veggies Whole Wheat Roll Peaches	Turkey & Dressing Carrots Whole Wheat Roll Fresh Fruit	Frito Pie Tater Tots Jell-O Applesauce	Senior Commodity Boxes 9-11:30am 
7	8	9	10	11	12	13
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Pulled Pork on Bun Cucumber & Onions Corn Mixed Fruit	Chicken Strips Macaroni & Cheese Lima Beans Whole Wheat Roll Peaches	Meatloaf Green Beans & Potatoes Whole Wheat Roll Pudding	Roast Beef Mashed Potatoes Carrots Whole Wheat Roll Mandarin Oranges	Tuna & Noodles Peas Whole Wheat Roll Pears	Senior Commodity Boxes can also be picked up Aug 8– 12 th , from 1:00–3:00 pm NEED TO CALL FIRST
14	15	16	17	18	19	20
2% Low Fat Milk is provided with each daily meal	Biscuits & Gravy Eggs Hashbrowns Applesauce	Chicken & Noodles Mashed Potatoes Green Beans Whole Wheat Roll Baked Apples	Chicken Livers Buttered Potatoes Winter Mix Veggies Whole Wheat Roll Pineapple	Goulash Coleslaw Garlic Bread Fruit Jell-O	Hamburger on Bun Lettuce & Tomatoes Potato Salad Pork & Beans 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 Beets Whole Wheat Roll Fresh Fruit	Chicken Mashed Potatoes Carrots Whole Wheat Roll Fruit Dessert	Ham & Beans Tomato Wedges Coleslaw Cornbread Pears	Turkey Pot Pie Biscuit Lettuce Salad Peaches	Chicken Patty on Bun Lettuce Potato Wedges Baked Beans Mixed Fruit	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind
28	29	30	31			
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Swiss Steak Scalloped Potatoes Green Beans Whole Wheat Roll Pudding	BBQ Chicken Macaroni & Cheese Lima Beans Whole Wheat Roll Pineapple	Ravioli's Spinach Salad Garlic Bread Mandarin Oranges	last day of each month – Aug 31 st 	Birthday Luncheon winner for the month of June is Trudy Clawson and for the month of July is Sylvia Morria!!	Menus are subject to change without notice