

September 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
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Menus are subject to change without notice			Hot Pork Loin Sandwich Mashed Potatoes Mixed Veggies Fruit Dessert	Taco Salad Hominy Chips Peaches	
4	5	6	7	8	9	10
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	CENTER IS CLOSED IN OBSERVANCE OF LABOR DAY HOLIDAY!	Ham Sweet Potatoes Peas & Carrots Whole Wheat Roll Mixed Fruit	Spaghetti & Meatballs Lettuce Salad Garlic Bread Pears	Country Fried Steak Mashed Potatoes Brussel Sprouts Whole Wheat Roll Peaches	Fish on Bun Lettuce Coleslaw Potato Wedges Fresh Fruit	Senior Commodity Boxes 9-11:30am
11	12	13	14	15	16	17
2% Low Fat Milk is provided with each daily meal	Smothered Pork Cutlet Baked Potato Carrots Whole Wheat Roll Applesauce	Meatloaf Green Beans & Potatoes Whole Wheat Roll Peaches	Ham & Beans Beets Tomato Wedges Cornbread Bread Pudding	Turkey & Dressing Mixed Veggies Whole Wheat Roll Baked Apples	Sloppy Joe on Bun 3 Bean Salad Corn Fruit Dessert	Senior Commodity Boxes can also be picked up Sep 12– 16 th , from 1:00–3:00 pm NEED TO CALL FIRST
18	19	20	21	22	23	24
AS A REMINDER: IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Taco Soup Chips Mandarin Oranges	Chicken Livers Macaroni & Cheese Winter Mix Veggies Whole Wheat Roll Fruit Dessert	Stuffed Peppers Carrots Whole Wheat Roll Pears	Chicken Mashed Potatoes Green Beans Whole Wheat Roll Fruit Jell-O	Chef Salad Crackers Strawberry Shortcake	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind
25	26	27	28	29	30	
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Biscuits & Gravy Eggs Hashbrowns Jell-O Applesauce	Beef & Noodles Mashed Potatoes Carrots Whole Wheat Roll Peaches	Smoked Sausage & Potatoes Lima Beans Whole Wheat Roll Pudding	Smothered Chicken Rice Broccoli Whole Wheat Roll Mixed Fruit	Taco Salad Chips Hominy Fresh Fruit	last day of each month – Sep 30 th