







# November 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
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays		Chicken Mashed Potatoes Green Beans Whole Wheat Roll Peaches	Ham & Beans Beets Tomato Wedges Cornbread Bread Pudding	Beef & Noodles Mashed Potatoes Carrots Whole Wheat Roll Pears	Fish on Bun Macaroni & Cheese Coleslaw Jell-O Applesauce	Senior Commodity Boxes 9-11:30am 
6	7	 8	9	10	11	12
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Goulash Lettuce Salad Garlic Bread Mixed Fruit	Smoked Sausage & Potatoes Brussel Sprouts Whole Wheat Roll Baked Apples	Swiss Steak Baked Potato Spinach Whole Wheat Roll Cereal Bar	Baked Seasoned Chicken Wild Rice Carrots Whole Wheat Roll Snow Grapes	Hamburger on Bun Lettuce & Tomatoes Pork & Beans Pasta Salad Peaches	Senior Commodity Boxes can also be picked up Nov 07– 11 <sup>th</sup> , from 1:00–3:00 pm <b>NEED TO CALL FIRST</b>
13	 14	15	16	17	18	19
2% Low Fat Milk is provided with each daily meal	Ham & Scalloped Potatoes Winter Mix Veggies Whole Wheat Roll Pineapple	Beef Vegetable Soup Crackers Applesauce	Chicken Livers Buttered Potatoes Lima Beans Whole Wheat Roll Fruit Dessert	Meatloaf Green Beans & Potatoes Whole Wheat Roll Cake	Taco Salad Lettuce & Tomatoes Hominy Chips Mandarin Oranges	
20	 21	22	23	24	25	26
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 Sweet Potatoes Peas & Carrots Whole Wheat Roll Peaches	Chili Crackers Beets Fruit Pudding	Turkey & Dressing Mashed Potatoes & Gravy Green Beans Cranberry Sauce Whole Wheat Roll Dessert	CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING DAY HOLIDAY	CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING DAY HOLIDAY	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind
27	28	29	30			
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Biscuit & Gravy Eggs Hashbrowns Jell-O Applesauce	Chicken Strips Macaroni & Cheese Lima Beans Whole Wheat Roll Pears	Taco Soup Chips Mixed Fruit	last day of each month – Nov 30 <sup>th</sup> 	Birthday Luncheon winner for the month of September is David Ingram!!	Menus are subject to change without notice