





October 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
2	 3	4	5	6	7	8
	Ham Scalloped Potatoes Winter Mix Veggies Whole Wheat Roll Pudding	Beef Stroganoff Mixed Veggies Whole Wheat Roll Apricots	Chicken Strips Mac & Cheese Brussel Sprouts Whole Wheat Roll Pears	Pork Chops Dressing Carrots Whole Wheat Roll Baked Apples	Tuna & Noodles Peas Whole Wheat Roll Mixed Fruit	Senior Commodity Boxes 9-11:30am 
9	10	 11	12	13	14	15
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	CENTER IS CLOSED IN OBSERVANCE OF COLUMBUS HOLIDAY!	Chili Cheese Dog Potato Wedges Peaches	Tater Tot Casserole Beets Whole Wheat Roll Fruit Jell-O	Hot Beef Sandwich Mashed Potatoes Green Beans Fruit Cocktail Cake	Spaghetti & Meatballs Lettuce Salad Garlic Bread Mandarin Oranges	Senior Commodity Boxes can also be picked up Oct 10– 14 th , from 1:00–3:00 pm NEED TO CALL FIRST
16	17	18	19	20	21	22
2% Low Fat Milk is provided with each daily meal	Rib Patty on Bun Hominy 3 Bean Salad Cookie	Chicken & Noodles Mashed Potatoes Lima Beans Whole Wheat Roll Fruit Pudding	Beef Vegetable Soup Crackers Applesauce	Chicken Livers Mac & Cheese Cabbage Whole Wheat Roll Peaches	Nachos Supreme Lettuce & Tomatoes Corn Chips Banana	
23	24	25	26	27	28	29
AS A REMINDER: IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Biscuits & Gravy Eggs Hashbrowns Mixed Fruit	Hot Loin Sandwich Mashed Potatoes Carrots Fruit Crisp	Chicken Nuggets Buttered Potatoes Cauliflower Whole Wheat Roll Pears	Taco Soup Chips Fruit Jell-O	Pulled Pork on Bun Coleslaw Baked Beans Mandarin Oranges	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind
30	31					
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Salisbury Steak Scalloped Potatoes Lima Beans Whole Wheat Roll Apricots	last day of each month – Oct 31 st 	Birthday Luncheon winner for the month of August is Diana Schrader!!	Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Menus are subject to change without notice	