



February 2023 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			Smothered Chicken Leg & Wild Rice Broccoli Whole Wheat Roll Peaches	Country Fried Steak Mashed Potatoes Carrots Whole Wheat Roll Pineapple & Mandarin Oranges	Frito Pie Tater Tots Apricots	Senior Commodity Boxes 9-11:30am 
5	6	7	8	9	10	11
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Tater Tot Casserole Cucumbers & Onions Whole Wheat Roll Apricots	Turkey & Dressing Lima Beans Whole Wheat Roll Fruit Jell-O	Taco Soup Chips Applesauce	Chicken Mashed Potatoes Green Beans Whole Wheat Roll Peaches	Fish on Bun Mac & Cheese Coleslaw Banana	Senior Commodity Boxes can also be picked up Feb 6– 10 th , from 1:00–3:00 pm NEED TO CALL FIRST
12	 13	14	15	16	17	18
2% Low Fat Milk is provided with each daily meal	Ham Sweet Potatoes Carrots Whole Wheat Roll Fruit Fluff	Chicken & Noodles Mashed Potatoes Spinach Whole Wheat Roll Strawberry Shortcake	Ravioli's Italian Veggies Garlic Bread Mixed Fruit	Hot Loin Mashed Potatoes Green Beans Baked Apples	Hamburger on Bun Lettuce & Tomatoes Potato Wedges Pork & Beans Mandarin Oranges	
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	CENTER IS CLOSED IN OBSERVANCE OF PRESIDENT'S DAY HOLIDAY	Chicken Livers Baked Potato Winter Mix Veggies Whole Wheat Roll Cereal Bar	Meatloaf Green Beans & Potatoes Whole Wheat Roll Peaches	Baked Chicken Wild Rice Mixed Veggies Whole Wheat Roll Pineapple	Tuna & Noodles Peas Whole Wheat Roll Pears	Birthday Luncheon winner for the month of December is Helen Peterson!!
26	27	28				
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Biscuits & Gravy Eggs Hashbrowns Applesauce	Chicken Strips Mac & Cheese Brussel Sprouts Whole Wheat Roll Fruit Jell-O	last day of each month – Feb 28 th 		Menus are subject to change without notice	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind