




March 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	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	Jambalaya Broccoli Salad Cornbread Mandarin Oranges	Spaghetti & Meatballs Italian Veggies Garlic Bread Apricots	Fish on Bun Mac & Cheese Coleslaw Dessert	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	Salisbury Steak Baked Potato Spinach Whole Wheat Roll Mixed Fruit	Ham & Scalloped Potatoes Mixed Veggies Whole Wheat Roll Fruit Dessert	Vegetable Beef Soup Crackers Jell-O Applesauce	Hot Loin Mashed Potatoes Carrots Whole Wheat Bread Peaches	Chef Salad Crackers Strawberry Shortcake	Senior Commodity Boxes can also be picked up Mar 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	Sloppy Joe on Bun Potato Wedges Pea Salad Pears	Hot Beef Sandwich Mashed Potatoes Green Beans Pudding	Ham & Beans Coleslaw Cornbread Mixed Fruit	Beef Stroganoff Lima Beans Whole Wheat Roll Pineapple	Corned Beef & Cabbage Carrots Cornbread St. Patty's Dessert	
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	Meatball Sub Sandwich Pasta Salad Fruit	Chicken Pot Pie Beets Biscuit Peaches	Smothered Pork Cutlet Baked Potato Brussel Sprouts Whole Wheat Roll Snow Grapes	Chicken Livers Mac & Cheese Lima Beans Whole Wheat Roll Fruit Dessert	Fish Sticks Tater Tots Tomato Salad Whole Wheat Roll Pears	Birthday Luncheon winner for the month of January is Shirley Moore!!
26	27	28	29	30	31	
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Rib Patty on Bun Coleslaw Potato Wedges Mixed Fruit	Meatloaf Green Beans & Potatoes Whole Wheat Roll Fruit Dessert	Taco Salad Chips Hominy Apricots	Smothered Chicken Leg Wild Rice Broccoli Whole Wheat Roll Peaches	Tuna & Noodles Peas Whole Wheat Roll Banana	last day of each month – Mar 31 st 