





# July 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
02	03	04	05	 06	07	08
	Goulash Italian Vegetables Garlic Bread Mixed Fruit	Grilled Hamburger on Bun Lettuce & Tomatoes Potato Salad Pork & Beans Dessert	CENTER IS CLOSED IN OBSERVANCE OF 4 <sup>TH</sup> OF JULY HOLIDAY	Ham Scalloped Potatoes Broccoli Whole Wheat Roll Pineapple	Taco Salad Hominy Chips Pears	Senior Commodity Boxes 9-11:30am 
09	10	11	12	13	14	15
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Rib Patty on Bun 3 Bean Salad Corn Peaches	Chicken & Noodles Mashed Potatoes Carrots Whole Wheat Roll Pudding	Meatloaf Green Beans & Potatoes Whole Wheat Roll Mandarin Oranges	Pork Chops Dressing Lima Beans Whole Wheat Roll Baked Apples	Taco Soup Chips Fruit Jell-O	Senior Commodity Boxes can also be picked up Jul 10– 14 <sup>th</sup> , from 1:00–3:00 pm NEED TO CALL FIRST
16	 17	18	19	20	21	22
Menus are subject to change without notice	Smoked Sausage Scalloped Potatoes Spinach Whole Wheat Roll Pears	Swiss Steak Baked Potato Brussel Sprouts Whole Wheat Roll Jell-O Applesauce	Chicken Strips Macaroni & Cheese Winter Mix Veggies Whole Wheat Roll Mixed Fruit	Pork Roast Mashed Potatoes Carrots Whole Wheat Roll Peaches	Sloppy Joe on Bun Potato Wedges Coleslaw Granola Bar	
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	Biscuit & Gravy Eggs Hashbrowns Fresh Fruit	Beef Stroganoff Mixed Veggies Whole Wheat Roll Pineapple	Chicken Pot Pie Beets Biscuit Pudding	Country Fried Steak Mashed Potatoes Green Beans Whole Wheat Roll Mandarin Oranges	Chili Cheese Dog Tater Tots Apricots	
30	31					
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Tuna & Noodles Peas Whole Wheat Roll Peaches	last day of each month – Jul 31 <sup>st</sup> 	Birthday Luncheon winner for the month of May is Linda Fay!!	Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	2% Low Fat Milk is provided with each daily meal	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind