






January 2024 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
	01	02	03	04	05	06
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	CENTER IS CLOSED IN OBSERVANCE OF NEW YEARS DAY HOLIDAY	Frito Pie Tater Tots Mixed Fruit	Turkey Pot Pie Biscuit Cottage Cheese Snow Grapes	Swiss Steak Baked Potato Lima Beans Whole Wheat Roll Pudding	Biscuits & Gravy Eggs Hashbrowns Mandarin Oranges & Pineapple	Senior Commodity Boxes 9-11:30am 
07	08	09	10	11	12	13
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Taco Soup Chips Pears	Chicken Mashed Potatoes Green Beans Whole Wheat Roll Peaches	Smothered Pork Cutlet Buttered Potatoes Carrots Whole Wheat Roll Jell-O Applesauce	Stuffed Peppers Corn Whole Wheat Roll Mixed Fruit	Fish on Bun Macaroni & Cheese Coleslaw Fresh Fruit	Senior Commodity Boxes can also be picked up Jan 08– 12 th , from 1:00–3:00 pm NEED TO CALL FIRST
14	15	 16	17	18	19	20
Menus are subject to change without notice	Spaghetti & Meatballs Lettuce Salad Garlic Bread Mandarin Oranges	Smoked Sausage & Potatoes Cabbage Whole Wheat Roll Fruit Jell-O	Beef Vegetable Soup Crackers Applesauce	Chicken Fried Chicken Mashed Potatoes Spinach Whole Wheat Roll Fruit Dessert	Hamburger on Bun Lettuce & Tomatoes Potato Wedges Broccoli Salad Peaches	
21	 22	23	24	25	 26	27
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 Calif Blend Veggies Whole Wheat Roll Baked Apples	Roast Beef Mashed Potatoes Green Beans Whole Wheat Roll Pudding	Chicken Livers Baked Potato Brussel Sprouts Whole Wheat Roll Peaches	Meatloaf Buttered Potatoes Carrots Whole Wheat Roll Pears	Ham & Beans Beets Coleslaw Cornbread Bread Pudding	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind
28	29	30	31	Birthday Luncheon		
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Sloppy Joe on Bun Potato Wedges 3 Bean Salad Cake	Chicken Strips Macaroni & Cheese Broccoli Whole Wheat Roll Pineapple	Ravioli's Lettuce Salad Garlic Bread Fruit Jell-O	last day of each month – Jan 31 st 		Birthday Luncheon winner for the month of November is Judy Watson!! 2% Low Fat Milk is provided with each daily meal