




March 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
Meals are delivered Monday thru Friday, from 10:30 – 12:00, except on holidays	Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind	2% Low Fat Milk is provided with each daily meal			Biscuit & Gravy Eggs Hashbrowns Mandarin Oranges	Senior Commodity Boxes 9-11:30am 
03	 04	05	06	07	08	09
ATTENTION: Please store your meal in the refrigerator, if not eaten immediately	Ham Sweet Potatoes Winter Mix Veggies Whole Wheat Roll Pears	Chicken Mashed Potatoes Green Beans Whole Wheat Roll Apricots	Taco Soup Chips Mandarin Oranges	Turkey & Noodles Mashed Potatoes Carrots Whole Wheat Roll Fruit Jell-O	Fish Sticks Macaroni & Cheese Coleslaw Cornbread Pineapple	Senior Commodity Boxes can also be picked up Mar 04– 08 th , from 1:00–3:00 pm NEED TO CALL FIRST
10	11	12	13	14	15	16
Menus are subject to change without notice	Swiss Steak Baked Potato Lima Beans Whole Wheat Roll Jell-O Applesauce	Chicken Strips Buttered Potatoes Spinach Whole Wheat Roll Fruit Dessert	Vegetable Beef Soup Crackers Peaches	Tenderloin on Bun Lettuce & Tomato Potato Wedges Beets Cookie	Tuna & Noodles Peas Whole Wheat Roll Mixed Fruit	
17	 18	19	20	21	22	23
AS A REMINDER: IF YOU ARE NOT HOME 3 TIMES IN A 2 WEEK PERIOD AND HAVE NOT CONTACTED US TO LET US KNOW	Cornbeef & Cabbage Carrots Cornbread St. Pat's Dessert	Country Fried Steak Mashed Potatoes Green Beans Whole Wheat Roll Peaches	Chicken Pot Pie Cottage Cheese Biscuit Baked Apples	Pork Chop & Dressing Calif Blend Veggies Whole Wheat Roll Apricots	Fish & Chips Coleslaw Cornbread Fruit Fluff	Birthday Luncheon winner for the month of January is Dick Clawson!!
24/31	25	26	27	Birthday Luncheon 28	29	30
YOU WILL BE REMOVED FROM THE HOME DELIVERED MEAL PROGRAM	Sloppy Joe on Bun Potato Wedges Corn Applesauce	Chicken & Noodles Mashed Potatoes Peas & Carrots Whole Wheat Roll Fruit Jell-O	Chicken Livers Mac & Cheese Brussel Sprouts Whole Wheat Roll Fruit Jell-O	Roast Beef Mashed Potatoes Cabbage Whole Wheat Roll Peaches	CENTER IS CLOSED IN OBSERVANCE OF GOOD FRIDAY HOLIDAY	last day of each month – Mar 28 th 