

October 2025 Menu Brookfield Senior Center 660-258-2577

\$3.00 Suggested contribution for meals for 60 years & over \$6.50 Cost for meals 59 years & under This institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			1	 2	3	4
PRODUCT OF THE MONTH DONATION FLOUR	Reminder: If you are not home 3 times in a 2 week period, and not contacted us, you may be removed from home delivery		Ravioli Garlic Bread Italian Vegetables Lettuce Salad Mandarin Oranges 2% LF Milk	Ham & Beans Cornbread Cole Slaw Beets Apricots 2% LF Milk	amburger w Lett & To Whole Grain Bun Three Bean Salad Potato Wedges Pears 2% LF Milk	Senior Commodity Boxes 9-11:30am 
Week 2	5	6	7	8	9	10
ATTENTION: Please store your meal in the fridge, if not eaten immediately	Goulash Garlic Bread Lettuce Salad Italian Vegetables Pineapple 2% LF Milk	Pork Roast Hot Roll Mashed Potatoes Broccoli Mixed Fruit 2% LF Milk	Smothered Chicken Hot Roll Peas & Carrots Vegetable Wild Rice Jello Applesauce 2% LF Milk	Counrty Fried Steak Hot Roll Mashed Potatoes Green Beans Cobbler 2% LF Milk	Sloppy Joe Whole Grain Bun Baked Beans Potato Wedges Peaches 2% LF Milk	CALL FIRST Boxes can also be picked up Aug 11-15 12:30 - 3pm NEED TO CALL FIRST
Week 3	12	13	14	15	16	17
Menus are subject to change without notice. 2% Low Fat Milk is provided with each daily meal	CLOSED FOR THE HOLIDAY COLUMBUS DAY BE SAFE AND ENJOY SEE YOU TUESDAY!	Chicken Strips Roll + Mac and Cheese Beets Winter Mix Veggies Apricots 2% LF Milk	Smothered Pork Cutlet Hot Roll Baked Potato Spinach Fruit Jello 2% LF Milk	Hot Beef Sandwich Whole Grain Bread Mashed Potatoes Carrots Peaches 2% LF Milk	Rib Pattie Whole Grain Bun Corn Pea Salad Fruit Pudding 2% LF Milk	Product of the Month Winner Kenny and Debbie Bailey
Week 4	19	20	21	22	23	24
Lunches provide 1/3 of the daily recommended dietary allowance for healthy adults 60+	Scrambled Eggs Biscuit and Gravy Hashbrowns - Applesauce 2% LF Milk	Chicken Livers Hot Roll Buttered Potatoes Winter Mix Veggies Pineapple 2% LF Milk	Spaghetti & Meatballs Garlic Bread Lettuce Salad Italian Vegetables Fruit Jello 2% LF Milk	Turkey & Dressing Hot Roll Green Beans Corn Peaches 2% LF Milk	Beef Taco Salad Chips Lettuce, Tomato Hominy Mandarin Oranges 2% LF Milk	Birthday Luncheon WINNER for the month David Ingram
Week 5	26	27	28	29	30	31
Meals are delivered Monday thru Friday from 10:30 to Noon except holidays Menus are planned with health in mind	Fish Whole Grain Bun Beets & Mac and Cheese Coleslaw Pineapple 2% LF Milk	Beef Vegetable Soup Crackers Peas Carrots Potatoes Jello Applesauce 2% LF Milk	Chicken Nuggets Hot Roll Hashbrown Casserole Mixed Veggies Melon 2% LF Milk	Swiss Steak Hot Roll Baked Potato Brussel Sprouts Pears 2% LF Milk	Beef & Bean Burrito Flour Tortilla Lettuce, Tomato Corn Fruit Pudding 2% LF Milk	on the last day of each month - Oct 31 