

Brookfield Colgrass Café
 9022 31st St
 Brookfield, Il 60513

Days: Mondays-Fridays
 Times: 8:00am-2:00pm
 Phone: 708/310/4434




**Community Nutrition Network
 & Senior Services Association**



March 2019

Café Manager:
 Tanya Harrison

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Please call a day in advance to Place your reservation *Wednesdays & Thursdays stop In for a free bagel breakfast. *Every 3rd Friday of the month @ 10:30Am Oak Street Health will provide FREE blood pressure checks</p>	<p>For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with fat free or low fat milk.</p>			<p>1 Meatloaf w/gravy Or white fish w/citrus sauce Mashed potato Succotash Tropical fruit salad Multigrain roll Graham cracker</p>
<p>4 Stuffed cabbage rolls Scalloped potatoes Corn Wheat roll Broccoli salad Fruit salad</p>	<p>5 D Turkey breast Stuffing Green beans Beet salad bread</p>	<p>6 Turkey w/cheese on bun Tomato rice soup Tossed salad w/dressing Yogurt Apple Corn salad Variety toppings</p>	<p>7 Maxwell street polish Wheat bun w/mustard Potato salad Baked beans Pineapple</p>	<p>8 Chicken italiano w/ red sauce or tilapia w/butter Sauce Pasta Wheat roll Green beans Pears</p>
<p>11 Italian sausage w/red sauce Pasta Mixed vegetables Whole grain roll Broccoli salad Fruit salad</p>	<p>12 D Chicken parmesan Pasta Mixed vegetables Garden salad Bread</p>	<p>13 Ham salad on bun Tomato basil soup Tossed salad w/ Variety of toppings Cottage cheese Fruit cocktail Kidney bean salad</p>	<p>14 Southern chicken w/ Country gravy O'brien potatoes Mixed vegetables Biscuit Orange Oatmeal bar</p>	<p>15 Corned beef or creole style whitefish Parsley red potato Buttered carrots Cinnamon apples Rye bread Cookie</p>
<p>18 St. Patricks day pizza Party Catered by Paisan's Cheese or sausage pizza Salad Fruit and dessert \$5.00</p>	<p>19 D Baked chicken Stuffing Broccoli Fruit cocktail Bread</p>	<p>20 Roast beef and cheddar sandwich on onion roll Mushroom soup Tossed salad w/variety of toppings Apple Jello Macaroni salad</p>	<p>21 Prime rib w/au jus Augratin potatoes Carrots Multigrain roll Tropical fruit salad</p>	<p>22 Oriental chicken or lemon pepper fish Oriental vegetables Asian rice Asian coleslaw Wheat roll pears</p>
<p>25 Turkey pot pie or tilapia w/dill sauce Mixed vegetables Mashed potato Muffin pineapple</p>	<p>26 D Hamburger Coleslaw Pasta salad Baked beans</p>	<p>27 Chicken and rice casserole Rice Peas & carrots Cajun coleslaw Wheat bread Applesauce</p>	<p>28 Stuffed peppers w/sauce Pasta Green beans Mushroom salad French bread Banana</p>	

Menu subject to change due to availability of items. Funding in part is provided by Age Options.