

# MARCH 2024

Brookfield Colgrass Café  
 9022 31st Street  
 Brookfield, IL 60513

Café Manager: Tanya Harrison  
 708-310-4434 ext 4  
 Suggested donation: \$3.00

Hours: Monday Through Friday, 11:00am to 2:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
If you cannot eat your meal when it is delivered, REFRIGERATE IT RIGHT AWAY! Please don't leave food sitting out! Milk served with each meal				1 Pollock w/ Lemon Butter Sauce Baked Potato California Blend Vegetables Wheat Bread Vanilla Mandarin Pudding
4 Slow Roasted Beef & Gravy Mashed Potatoes Brussel Sprouts Multi Grain Bread Chilled Pears, Cookie	5 Turkey Pot Roast w/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit, Banana	6 Spaghetti & Meatballs Broccoli Wheat Bread Chilled Peaches	7 Chicken Tenders in Country Gravy Bread Stuffing Mashed Sweet Potatoes Bean & Tomato Medley Pea Salad, CranApple Sauce	8 Surimi Crab Alfredo w/ Penne Zucchini with Red Peppers Chef's Choice Vegetables Multi Grain Bread Applesauce
11 Baked Meatloaf with Gravy Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	12 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Warm Apple Crumble Chef's Choice Fruit	13 Maple Mustard Chicken Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello	14 Irish Stew Whole Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistacio Pudding	15 Cheese Omelette Hashbrown Potatoes Whole Wheat Biscuit Fruit Yogurt Orange, Apple Juice
18 Roasted Pork & Gravy Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple	19 Cheddar Broccoli Rice Casserole Cauliflower Pea Salad, Wheat Roll Pear & Cranberry Crumble	20 Salisbury Steak & Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits	21 Hot Dog Oven Fries Bean Casserole Fresh Melon Banana	22 Classic Lasagna with Marinara Broccoli Chef's Choice Vegetables Wheat Bread Oatmeal Raisin Cookies
25 Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	26 Spaghetti & Meatball Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	27 Pork w/ Medditerraean Sauce Scalloped Potatoes Brussel Sprouts Multi Grain Bread Applesauce	28 Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Peppers Mandarin Oranges Chef's Choice Fruit	29 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Chick Pea Salad Fresh Melon

Funds, in whole or in part, for this publication were provided through Age Options and Northeastern Illinois Area Agency on Aging under Title III of the Older Americans act as administered through the Illinois Department on Aging and the Federal Administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S.Civil Rights act' Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have the right to file a complaint. For information, dial 1-800-252-8966 or contact the Director of Personnel at (312)207-5290.