


JULY 2024

Brookfield Colgrass Café
9022 31st Street
Brookfield, IL 60513

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken A La Orange Vegetable Rice Pilaf Northern Beans Bran Muffin Bread Chilled Peaches</p>	<p>2</p> <p>French Dip of Beef w/ Mushrooms & Onions Oven Fries, Corn Whole Apple Chef's Choice</p>	<p>3</p> <p>Classic Lasagna Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears</p>	<p>4</p> 	<p>5</p> 
<p>8</p> <p>BBQ Riblet Mashed Potatoes Stewed Tomatoes Whole Wheat Orange</p>	<p>9</p> <p>Hamburger Bean Casserole Mixed Vegetable Fruit Sunburst Fresh Melon</p>	<p>10</p> <p>BLT Chicken Salad Mixed Greens w/ Tomatoes Tri Bean Salad Corn Bread Mandarin Oranges</p>	<p>11</p> <p>Spaghetti & Meatballs w/ Marinara Sauce Capri Blend Vegetables Dilled Cucumber Chilled Pears</p>	<p>12</p> <p>Baked Chicken w/Herbs Mashed Potatoes & Gravy Green Bean Casserole Bran Muffin Bread Apple</p>
<p>15</p> <p>Baked Meatloaf w/ Gravy Mashed Potatoes Stewed Tomatoes Whole Wheat Orange</p>	<p>Eggs w/ Biscuit & Gravy Diced Hash Brown Apple Cobbler Juice Banana</p>	<p>17</p> <p>Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Bread Mixed Fruit</p>	<p>18</p> <p>Asian Glazed Chicken Citrus Brown Rice Broccoli Mandarin Orange Jello Fortune Cookies</p>	<p>19</p> <p>Turkey Pasta Salad Lettuce and Tomato Tri Bean Salad Whole Wheat Bread Pineapple Tidbits</p>
<p>22</p> <p>Prime Rib of Pork Baked Potatoes Parslied Cauliflower Rye Bread Mixed Fruit</p>	<p>23</p> <p>Italian Sausage Marinara Scalloped Potatoes Brussel Sprouts Juice Fresh Melon</p>	<p>24</p> <p>BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Bun Chilled Pears</p>	<p>25</p> <p>Dilled Tuna Salad Lettuce & Tomato Garbanzo & Kidney Beans w/ Slivered Carrot in Balsamic Banana, Fruit Cup</p>	<p>26</p> <p>Chicken Marbella Rice Florentine Country Blend Whole Wheat Bread Orange</p>
<p>29</p> <p>Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup</p>	<p>30</p> <p>Chicken w/Garden Rotini Pasta Salad Salad Greens/Tomato Wedges Chef's Choice Pineapple Tidbits</p>	<p>31</p> <p>Eggs Lorraine Potatoes O'Brien Blueberry Muffin Fruit Cup Orange</p>	<p>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</p>	

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.