October 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

FOLLOW US ON facebook	Tuesday 1 Cheddar, Broccoli, Chicken Rice Casserole Cauliflower, Pea Salad	Wednesday 2 Salisbury Steak with Gravy Mashed Potatoes	Thursday 3 Hot Dog	Friday 4
FOLLOW US ON	Rice Casserole		Hot Dog	7
) FOLLOW US ON	Rice Casserole			Classic Lasagna
facebook			Oven Fries	Broccoli
		Corn	Bean Casserole	Chef's Choice Vegetable
	Whole Wheat Roll	Multi Grain Dinner Roll	Wheat Bun	Whole Wheat Bread
\\/a	arm Pear & Cranberry Crumble	Pineapple Tidbits	Fresh Melon, Banana	Oatmeal Raisin Cookie
7	g	g	10	11
Roasted Turkey & Gravy	Spaghetti & Meatballs	Hamburger	Chicken Vesuvio	Citrus Alaskan Pollock
Baked Sweet Potato	Mixed Salad Greens	German Potato Salad	Mashed Potatoes	Vegetable Rice Pilaf
Mixed Vegetables	Multi Grain Bread	Green Beans	Cauliflower & Red Peppers	Country Blend Vegetables
C	Warm Peach Cobbler	Wheat Bun	Wheat Bread	,
Bread Stuffing Chef's Choice Fruit				Chickpea Salad Fresh Melon
	Fruit Cup	Applesauce	Chef's Choice, Mandarin Oranges 17	rresh Meion 18
14		December 16		
	BBQ Riblet	Roast Turkey w/ Cheddar Sauce	Western Eggs	Chicken Parmesan
cord We're	Oven Fries	Vegetable Rice Pilaf	Hash Brown Potatoes	Penne Pasta w/Marinara
I LECTUSED I	Black Beans & Corn	Broccoli	Maple Glazed Pears	Squash Medley
CHOO	Chef's Choice	Biscuit	Raisin Bread	Wheat Vienna Bread
	Whole Apple	Oatmeal Raisin Cookie	Cranberry Juice, Banana	Chilled Peaches
21	22	23	24	25
Bavarian Brat	Chicken Chardonnay	Texas Chili	Veal Marsala	Baked Pollock Piccata
Parslied Potatoes	Mashed Potatoes	Macaroni & Cheese	Scalloped Potatoes	Baked Potato
Carrots	Broccoli	Country Blend Vegetables	Stewed Tomatoes	California Blend Vegetables
Rye Bread	Chocolate Pudding	Multi Grain Dinner Roll	Beet Salad	Wheat Bread
Fresh Melon	Orange	Fruit Cup	Chilled Pears	Lemon Mandarin Pudding
28	29	30	31	If you cannot eat your meal
Slow Roasted Beef with Gravy T	Turkey Pot Roast with Gravy	Spaghetti & Meatballs	Chicken Tenders in Country Gravy	when it is delivered,
Mashed Potatoes	Baked Potato	Penne Pasta	Mashed Sweet Potato	REFRIGERATE IT RIGHT AWAY!
Brussel Sprouts	Peas & Carrots	Broccoli	Northern Bean & Tomato Medley	Please don't leave food
Cookie	Multi Grain Bread	Wheat Vienna	Bread Stuffing, Pea Salad	sitting out!
Chilled Pears	Banana, Chef's Fruit	Chilled Peaches	Whole Apple	Milk served with each meal

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 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.