

February 2025

Brookfield Colgrass Café
9022 31st Street
Brookfield, IL 60513

Hours: Monday - Friday, 11:00am to 2:00pm
Lunch is served at 11:30am

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

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
<p>3 Roast Pork & Gravy Au Gratin Potatoes Peas & Carrots Multi Grain Bread Whole Apple</p>	<p>4 Cheeseburger Tomato Soup Tossed Garden Salad Cottage Cheese Sliced Peaches</p>	<p>5 Salisbury Steak in Gravy Mashed Potatoes Corn Whole Wheat Roll Pineapple Tidbits</p>	<p>6 Chicago Style Hot Dog Vegetable Lentil Soup Tossed Garden Salad Cottage Cheese Banana</p>	<p>7 Classic Lasagna with Meat Sauce Broccoli Chef's Choice Vegetable Oatmeal Raisin Cookie</p>
<p>10 Roasted Turkey & Gravy Sweet Mashed Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit</p>	<p>11 Stuffed Green Pepper Lumberjack Soup Tossed Garden Salad Cottage Cheese Fruit Cup</p>	<p>12 Swiss Burger Mushroom Barley Soup Tossed Garden Salad Cottage Cheese Tropical Fruit</p>	<p>13 Tuna Salad Sandwich Cream of Broccoli Soup Tossed Garden Salad Cottage Cheese Mandarin Oranges</p>	<p>14 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Chick Pea Salad Fresh Melon</p>
<p>17 </p>	<p>18 BLT Chicken Salad Sandwich Cream of Potato Soup Tossed Garden Salad Cottage Cheese Whole Apple</p>	<p>19 Roast Turkey with Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli, Biscuit Chef's Fruit, Oatmeal Cookie</p>	<p>20 Western Eggs Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice, Banana</p>	<p>21 Chicken Breast Parmesan Penne Pasta in Marinara Squash Medley Wheat Vienna Bread Chilled Peaches</p>
<p>24 Bill's Place Greek Chicken with Sauce Greek Potatoes Rice Greek Salad Fruit, Pita Bread</p>	<p>25 Chicago Style Hot Dog Tomato Lentil Soup Tossed Garden Salad Cottage Cheese Chocolate Pudding</p>	<p>26 Texas Chili Macaroni & Cheese Country Blend Vegetables Multi-Grain Bread Fruit Cup</p>	<p>27 Stuffed Cabbage Roll Minnesota Wild Rice Soup Tossed Garden Salad Cottage Cheese Chilled Pears</p>	<p>28 Pastrami & Cheese Sandwich Lettuce & Tomato Carrot Raisin Salad Rye Bread Mandarin Oranges</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.

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	<p>Stress Relief Coloring</p>		<p>Feeling smart?? Join us for Trivia!</p>	
10	11	12	13	14
	<p>Cook County Sheriff's Office presents Money Smart for Older Adults</p>			<p>Celebrate Valentine's Day with sweet treats! And don't forget to wear red or pink!</p>
17	18	19	20	21
24	25	26	27	28
<p>Brookfield Aging Well Team presents Music, Memory & the Brain!</p>				<p>Join us in celebrating February birthdays!!</p>

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