March 2026

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
2 Beef Vegetable Soup Corn Green Beans Multi Grain Bread Chilled Pears, Cookie	**3** Egg Salad on a Croissant Tomato Florentine Soup Tossed Garden Salad Cheese Tortellini Pasta Cottage Cheese, Chef's Choice	**4** Meatball Marinara Sub Bean Soup Tossed Garden Salad Potato Salad Cottage Cheese, Pineapples	**5** Chicken Tender Po'Boy Cheddar Corn Chowder Tossed Garden Salad Pea Salad Cottage Cheese, Cran Applesauce	**6** Surimi Crab Alfredo Penne Pasta Zucchini w Peppers & Onions Chef's Choice Vegetables Fuit Cup
9 Meatloaf with Gravy Cauliflower Mashed Potatoes Mixed Vegetables Multi Grain Bread Pineapple Tidbits	**10** Bacon & Spinach Quiche Vegetable Gumbo Tossed Garden Salad Carrot Raisin Salad Cottage Cheese, Peaches	**11** Chicken Salad Sandwich Split Pea Soup Tossed Garden Salad Corn Relsih Salad Cottage Cheese, Fruit Jello	**12** Swedish Meatballs w Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon	**13** Cheese Omelette Hash Brown Potatoes Whole Wheat Biscuit Fruit Yogurt Apple Juice, Orange
16 Roasted Pork & Gravy Au Gratin Potatoes Peas & Carrots Multi Grain Bread Apple	Holiday Menu **17** Irish Stew Whole Irish Potatoes Steamed Cabbage Dinner Roll Leprechaun Pistachio Pudding	**18** Cheeseburger Tomato Soup Tossed Garden Salad Italian Pasta, Hard Boiled Egg Cottage Cheese, Pineapples	**19** Hot Dog Oven Fries Bean Casserole Whole Wheat Bun Banana, Fresh Melon	**20** Classic Lasagna in a Marinara Sauce Broccoli Chef's Choice Vegetables Oatmeal Raisin Cookie
23 Roasted Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	**24** Tuna Salad Sandwich Cream of Broccoli Soup Tossed Garden Salad Cookie, Hard Boiled Egg Cottage Cheese, Fruit Cup	**25** Stuffed Green Pepper Lumberjack Soup Tossed Garden Salad Beet Salad Cottage Cheese, Tropical Fruit	**26** Polish Sausage Mushroom Barley Soup Tossed Garden Salad Carrot Raisin Salad Cottage Cheese, Mandarin Oranges	**27** Citrus Alaskan Pollock Vegetable Pilaf Rice Country Blend Vegetables Whole Wheat Roll Chick Pea Salad, Melon
30 Hot Roast Beef Mashed Potatoes & Gravy Peas & Carrots Multi Grain Bread Orange	**31** BBQ Riblet Oven Fries Broccoli Whole Wheat Bun Chef's Choice, Apple			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

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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FOLLOW US ON facebook

Monday	Tuesday	Wednesday	Thursday	Friday
2 Nutrition Education Handout: Focus on Fruit	3	4 Stress Relief Coloring	5	6 Enjoy yummy Oreo cookies with us!
9	10	11	12	13
16	17 St. Patrick's Day Crafts with LSF Brookfield Library!	18	19	20
23	24	25	26 Wear something purple!	27
30	31			

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