Brookfield Colgrass Café
9022 31st Street
Brookfield, Il 60513
708-310-4434

September 2026 MENU

Meals on Wheels FOR NORTHERN ILLINOIS
COMMUNITY & NUTRITION SERVICES FOR SENIORS

Cafe Manager: Tanya Harrison
Cafe Days: Monday - Friday
Times: 11:00 am - 2:00 pm
Suggested Donation: $3.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Sausage Scalloped Potatoes Brussel Sprouts Whole Wheat Bun Fresh Melon Juice	2 BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Whole Wheat Bun Chilled Pears	3 Dilled Tuna Salad Sandwich Lettuce & Tomato Garbanzo & Kidney Beans with Slivered Carrots Whole Wheat Kaiser Fruit Cup & Banana	4 Chicken Provence Rice Florentine Country Blend Vegetables Multi Grain Bread Orange
7 	8 Kielbasa Dilled Potatoes Bean Casserole Marble Rye Bread Fruit Cup	9 Eggs Lorraine Potatoes O'Brian Fruit Cup Blueberry Muffin Whole Orange	10 Meatloaf with Country Gravy Mashed Potatoes Carrots & Chives Whole Wheat Dinner Roll Chilled Peaches Fresh Melon	11 Southern Breaded Fish Au Gratin Potatoes Peas Multi Grain Bread Applesauce
14 Meatball Marinara Sub Potatoes Italiano Italian Green Beans Whole Wheat French Roll Whole Orange	15 Salisbury Steak Mashed Potatoes & Gravy Cabbage & Carrots Multi Grain Bread Fresh Melon Oatmeal Raisin Cookie	16 Pizza Calzone Broccoli Sicilian Blend Vegetables Mixed Salad Greens Mixed Fruit	17 Lemon Basil Chicken Garden Vegetables Corn & Black Beans Cranberry Roll Applesauce Banana	18 Turkey & Cheddar Sandwich Lettuce & Tomato Pea Salad Whole Wheat Kaiser Pineapple Tidbits
21 Chicken A'La Rouge Vegetable Rice Pilaf Northern Beans Raisin Bran Muffin Chilled Peaches	22 French Dip of Beef with Mushrooms & Onions Oven Fries Corn Whole Apple Chef's Choice	23 Classic Lasagna with Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Chilled Pears	24 	25 All Beef Hot Dog Twice Baked Potato Casserole Peas & Carrots Whole Wheat Bun Banana
28 BBQ Riblet Sandwich Mashed Sweet Potato Chef's Vegetables Whole Wheat Bun Strawberry Yogurt	29 Hamburger Bean Casserole Mixed Vegetables Whole Wheat Bun Fruit Sunburst Fresh Melon	30 BLT Chicken Salad Mixed Salad Greens with Tomato Wedges Tri-Bean Salad Cornbread Mandarin Oranges		

MENU SUBJECT TO CHANGE DUE TO AVAILABILTY OF ITEMS

AGEOPTIONS

Funding is provided in whole or in part by AgeOptions and the Illinois Department on Aging through the Older Americans Act. Meals on Wheels for Northern Illinois does not discriminate based on race, color, national origin, age, disability, sex, gender identity, sexual orientation, religion, or any protected status. Reasonable accommodations and language assistance are available upon request.

For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, **REFRIGERATE IT RIGHT AWAY!** Do not leave it sitting out.

Each meal is served with milk.