

JANUARY 2024

Brookfield Colgrass Café
9022 31st Street
Brookfield, IL 60513

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup	3 Pork w/ Mediterranean Sauce Scalloped Potatoes Brussel Sprouts Multi Grain Bread Applesauce	4 Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Peppers Chef's Choice Wheat Bread, Mandarin Orange	5 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetable Chick Pea Salad Multi Grain Roll, Melon
8 Hot Roast Beef Mashed Potatoes w/Gravy Peas & Carrot Wheat Bread Orange	9 BBQ Riblet Sandwich Oven Fries Black Beans & Corn Chef's Choice Fruit Apple	10 Turkey w/ Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Biscuit, Oatmeal Cookie Chef's Fruit	11 Western Eggs Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice, Banana	12 Chicken Breast Parmesan Penne Pasta w/ Marinara Squash Medley Wheat Vienna Roll Chilled Peaches
	16 Chicken Chardonnay Mashed Potatoes Broccoli Chocolate Pudding Multi Grain Bread, Orange	17 Texas Chili Macaroni & Cheese Country Blend Vegetables Multi Grain Bread Fruit Cup	18 Veal Marsala Scalloped Potatoes Stewed Tomatoes Beet Salad Multi Grain Bread, Chilled Pears	19 Pollock w/ Lemon Butter Sauce Baked Potato California Blend Vegetables Wheat Bread Vanilla Mandarin Pudding
22 Roasted Beef & Gravy Mashed Potatoes Brussel Sprouts Multi Grain Bread Pears, Cookie	23 Turkey Pot Roast w/ Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit, Banana	24 Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches	25 Chicken Tenders in Country Gravy Bread Stuffing Sweet Mashed Potatoes Northern Bean & Tomato Medley Pea Salad, Cranberry Applesauce	26 Surimi Crab Alfredo Zucchini w/ Peppers & Onions Chef's Choice Vegetables Multi Grain Bread Fruit Cup
29 Baked Meatloaf Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits	30 BBQ Pulled Pork Oven Fries Carrot Raisin Salad Chef's Choice Warm Apple Crumble	31 Maple Mustard Glazed Chicken Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello		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.