

# September 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  |
|--|--|---|--|---|
|  <p>2</p>                                 | <p><b>Deli Bar</b> 3</p> <p>Italian Sausage Marinara<br/>Bean Soup<br/>Tossed Garden Salad<br/>Carrot Raisin Salad<br/>Cottage Cheese, Diced Melon</p>               | <p>4</p> <p>BBQ Pulled Chicken<br/>Cheesy Mashed Potatoes<br/>Broccoli<br/>Whole Wheat Bun<br/>Chilled Pears</p>        | <p><b>Deli Bar</b> 5</p> <p>Grilled Chicken Garden Salad<br/>w/ Fruit Salsa Dressing<br/>Mediterranean Soup<br/>Garbanzo &amp; Kidney Bean Salad<br/>Cottage Cheese, Fruit Cup</p> | <p>6</p> <p>Chicken Marbella<br/>Rice Florentine<br/>Country Blend<br/>Whole Wheat Bread<br/>Orange</p>   |
| <p>9</p> <p>Kielbasa<br/>Dilled Potatoes<br/>Bean Casserole<br/>Rye Bread<br/>Fruit Cup</p>                                | <p><b>Deli Bar</b> 10</p> <p>Chicken Garden Rotini Salad<br/>Split Pea Soup<br/>Tossed Garden Salad<br/>Beet Salad<br/>Cottage Cheese, Pineapples</p>                | <p>11</p> <p>Eggs Lorraine<br/>Potatoes O'Brien<br/>Fruit Cup<br/>Blueberry Muffin<br/>Orange</p>                       | <p><b>Deli Bar</b> 12</p> <p>Dill Tuna Salad<br/>Soup Du Jour<br/>Tossed Garden Salad<br/>Pea Salad<br/>Cottage Cheese, Peaches</p>  | <p>13</p> <p>Potato Crusted Fish Fillet<br/>Au Gratin Potatoes<br/>Peas<br/>Whole Wheat Bread<br/>Applesauce</p>  |
| <p>16</p> <p>Meatball Marinara Sub<br/>Potatoes Italiano<br/>Italian Green Beans<br/>Wheat French Roll<br/>Orange</p>      | <p><b>Deli Bar</b> 17</p> <p>Pulled Pork w/Mango BBQ<br/>Cream of Mushroom &amp; Barley<br/>Tossed Garden Salad<br/>Potato Salad<br/>Cottage Cheese, Mixed Fruit</p> | <p>18</p> <p>Roasted Turkey &amp; Cheddar<br/>Sandwich<br/>Lettuce &amp; Tomato<br/>Pea Salad<br/>Pineapple Tidbits</p> | <p><b>Deli Bar</b> 19</p> <p>Quiche Lorraine<br/>Fire Roasted Tomato Soup<br/>Tossed Garden Salad<br/>Beet Salad<br/>Cottage Cheese, Banana</p>                                    | <p>20</p> <p>Veal Parmesan<br/>Penne Pasta w/Marinara<br/>Broccoli<br/>Wheat Vienna Bread<br/>Fresh Melon</p>   |
| <p>23</p> <p>Chicken A La Orange<br/>Vegetable Rice Pilaf<br/>Northern Beans<br/>Bran Muffin Bread<br/>Chilled Peaches</p> | <p>24</p> <p>French Dip Beef<br/>w/ Mushrooms &amp; Onions<br/>Oven Fries<br/>Corn<br/>Apple, Chef's Choice</p>  | <p>25</p> <p>Classic Lasagna<br/>Squash Medley<br/>Italian Green Beans<br/>Whole Wheat Bread<br/>Chilled Pears</p>      | <p><b>Deli Bar</b> 26</p> <p>Roast Beef w/Beer Cheese Fondue<br/>Lumberjack Soup<br/>Tossed Garden Salad<br/>Dilled Cucumbers<br/>Cottage Cheese, Apple Muffin</p>                 | <p>27</p> <p>Hot Dog<br/>Twice Baked Potato Casserole<br/>Peas &amp; Carrots<br/>Wheat Hot Dog Bun<br/>Banana</p>   |
| <p>30</p> <p>Pork Roast w Gravy<br/>Au Gratin Potatoes<br/>Peas &amp; Carrots<br/>Wheat Bread<br/>Apple</p>                |    |   |   | <p>If you cannot eat your meal<br/>when it is delivered,<br/>REFRIGERATE IT RIGHT AWAY!<br/>Please don't leave food<br/>sitting out!<br/>Milk served with each meal</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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|---------------------------------|---|---|--|---|
| <p>2</p>                        | <p>3</p>  | <p>4</p>                                  | <p>5</p>   | <p>6</p> <p>Reading with local author Charles H. Cosgrove</p>   |
| <p>9</p>                        | <p>10</p> <p>Receive a FREE chair massage by Boyce Chiropractic!</p>          | <p>11</p>                                 | <p>12</p>  | <p>13</p> <p>Get your thinking cap ready!!</p>                  |
| <p>16</p> <p>Color with us!</p> | <p>17</p>   | <p>18</p> <p>Stress Relief Coloring</p>   | <p>19</p>  | <p>20</p> <p>WEAR GREEN DAY</p> <p>Show us your GREEN gear!</p> |
| <p>23</p>                       | <p>24</p> <p>Tidal Wave Book Bike will be making a stop at Colgrass Cafe!</p> | <p>25</p> <p>Be sure to dress WACKY!!</p> | <p>26</p> <p>Join us for a fun game of "Name that Tune!"</p> | <p>27</p> <p>Join us in celebrating September birthdays!!</p>   |
| <p>30</p>                       |   |   |  |   |

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