



November 2024

Brookfield Colgrass Café
9022 31st Street
Brookfield, IL 60513

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

Café Manager: Tanya Harrison
708-310-4434 ext 4
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>1 Surimi Crab Alfredo Penne Pasta Zucchini, Red Pepper & Onions Chef's Choice Vegetable Fruit Cup</p> |
| <p>4 Baked Meatloaf Cauliflower Mashed Potatoes Mixed Vegetables Whole Wheat Roll Pineapple Tidbits</p> | <p>5 BBQ Pulled Pork w/Wheat Bun Oven Fries Carrot Raisin Salad Warm Apple Crumble Chef's Choice</p> | <p>6 Miso Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello</p> | <p>7 Cheese Omelette Hash Brown Potatoes Whole Wheat Biscuit Apple Juice Fruit Yogurt, Orange</p> | <p>8 Swedish Meatballs & Gravy Mashed Potatoes Broccoli Multi Grain Bread Fresh Melon</p> |
|  | <p>11 Cheddar, Broccoli, Chicken Rice Casserole Cauliflower, Pea Salad Whole Wheat Roll Warm Pear & Cranberry Crumble</p> | <p>12 Salisbury Steak with Gravy Mashed Potatoes Corn Multi Grain Dinner Roll Pineapple Tidbits</p> | <p>13 Hot Dog Oven Fries Bean Casserole Wheat Bun Banana, Fresh Melon</p> | <p>14 Classic Lasagna Broccoli Chef's Choice Vegetable Wheat Bread Oatmeal Raisin Cookie</p> |
| <p>18 Roasted Turkey & Gravy Baked Sweet Potato Mixed Vegetables Bread Stuffing Chef's Fruit</p> | <p>19 Spaghetti & Meatballs Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup</p> | <p>20 Hamburger German Potato Salad Green Beans Wheat Bun Applesauce</p> | <p>21 Chicken Vesuvio Mashed Potatoes Cauliflower & Red Peppers Chef's Choice Mandarin Oranges</p> | <p>22 Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Chickpea Salad Fresh Melon</p> |
| <p>25 Roasted Turkey & Gravy Baked Sweet Potato Green Bean Casserole Bread Stuffing Dessert</p> | <p>26 BBQ Riblet Oven Fries Black Beans & Corn Chef's Choice Whole Apple</p> | <p>27 Hot Roast Beef Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Orange</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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|  | | HOT COCOA SOCIAL  | |  |
|  | | |  | |
|  | | Stress Relief Coloring  | |  <p>Join us in celebrating November birthdays!!</p>  <p>Improve your sleep presentation by Age Options</p> |
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