



November

2024

BROOKS CAFE
FRIENDS, FOOD & FUN

For reservations please contact Tricia by 1:30 pm
the business day before at
pmorgan@louisvilleco.gov or (303) 335-4931

Tuesday

Wednesday

Thursday

Friday

Chef Salad, Grilled Chicken Salad, Vegetarian Salad (with egg) options available.

Daily Vegetarian Option

Sweet Potato & Bean Burrito with Sour Cream
Mexican Slaw
Banana

Resource Talk

**Wednesday,
November 13
Intercambio**

1 Barbed Wire
Chicken Yakisoba
Crunchy Asian Salad
Orange

4 Baked Tilapia with Tartar Sauce
Brown Rice
Tossed Salad with Balsamic Dressing
Whole Orange
Whole Wheat Roll

5 Pork Stew with Vegetables & White Beans
Spinach Salad with Sunflower Seeds & Balsamic Dressing
Grapes
Whole Wheat Roll

6 Quantum Group
Tore's Meatloaf
Mixed Vegetables
Baked Potato with Sour Cream
Peaches
Whole Wheat Roll

7
Chicken Pasta Primavera
Spinach Salad with Balsamic Dressing
Whole Banana
Whole Wheat Roll

8 Salsa Verde
Cheese Enchiladas with Mexican Rice
Mexican Chopped Salad
Black Beans
Sour Cream 🔥
Plums

11 Stella Corzine on Guitar
Quinoa Stuffed Pepper Casserole
Mixed Greens with Balsamic Dressing
Banana
Sesame Roll

12
Lemon Baked Fish
Potato Wedges
Pea & Cheese Salad
Pineapple Chunks
Whole Wheat Roll

13 Resource Talk
Tore's Pork & Vegetable Stir-fry with Fried Rice
Orange Wedges 🔥
Fortune Cookie
Whole Wheat Rolls

14 Bingo
Beef Cannelloni
Tossed Salad with Italian Dressing
Pears
Garlic Bread

15 Barbed Wire
Breakfast Casserole with Sausage, Hash Browns, Veggies and Eggs
Blueberry Muffin
Banana

18
Broccoli & Ham Quiche
Spinach Salad with Sunflower Seeds & Balsamic Dressing
Baked Apple
Whole Wheat Roll

19 Mariko & Mike
Chicken Enchiladas 🔥
Spanish Rice
Sour Cream & Salsa
Mexican Slaw
Whole Orange

20 Thanksgiving Feast
Turkey with Stuffing, Mashed Potatoes, Gravy, Vegetables, Cranberries, Apple and a Roll.
Vegetarian Option: Meatless Turkey

21 Birthday
Crunchy Fish with Tartar Sauce
Roasted New Potato
Lemon Glazed Carrots
Coleslaw
Pears

22
Breaded Chicken Breast
Baked Potato with Sour Cream
Asparagus
Tangerine
Sesame Roll

25 Stella Corzine on Guitar
Stuffed French Toast with Maple Syrup
Bacon
Yogurt Fruit Parfait

26
Smothered Beef & Bean Burrito
Cilantro Lime Rice
Mexican Slaw
Peaches 🔥

27



28

29

Lunch is served promptly at 12 noon. If you are not here by 12:05 your meal is not guaranteed.

Suggested donation for 60+: \$4.25 for 59 & under the cost is \$12.

Menu Subject to Change. Meals prepared in a facility with wheat, nuts & dairy.

Allergen information available upon request.

Meals on Wheels offers an option of home delivery & weekend meals, please call 303-665-0566

Birthday Day:

**Celebrating the month's birthdays!
On Wednesday,
November 21**

