

SEPTEMBER 2022 MENU	Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors <i>*Menus subject to change*</i>				
	Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pork BBQ Sliced Boiled Potatoes Mixed Greens Fresh Orange Cornbread 2% Milk	2 Tuna Salad on Lettuce Pasta Salad Cucumber/Tomato Salad Fruit of Choice Crackers/Cookie 2% Milk
5 	6 Mango Chicken Rice Pilaf Oriental Blend Veggies. Pineapple Tidbits Roll/Margarine 2% Milk	7 Breaded Beef Steak/LS Gravy WG Pasta Okra/Tomatoes Pears Biscuit/Margarine 2% Milk	8 Baked Turkey/LS Gravy Sweet Potato Casserole Broccoli Mixed Fruit Biscuit/Margarine 2% Milk	9 Fish Nuggets Potato Wedges Coleslaw Fruit Cup Hush Puppies/ Margarine 2% Milk	
12 Cheeseburger on Bun Potato Salad Three Bean Salad Tropical Fruit Mix Ketchup/Mustard 2% Milk	13 Chef Salad with Turkey/Cheese Macaroni Salad Vegetables in Salad Fruit of Choice Crackers/Cookie 2% Milk 2% Milk	14 Chicken Cordon Bleu Rice Pilaf Tuscan Blend Veg Peaches Biscuit/Margarine 2% Milk	15 Cheese Omelet/ Sausage Hash Browns Steamed Broccoli Seasonal Fruit Blueberry Muffin/ Marg 2% Milk	16 ALL CENTERS CLOSED For Staff Training	
19 Italian Baked Chicken WG Rotini with Red Sauce Spinach Tropical Fruit Mix Biscuit 2% Milk	20 Smoked Sausage Brown Rice Steamed Cabbage Mixed Fruit Cornbread/ Margarine 2% Milk	21 Egg Salad Sandwich Potato Salad Tomato slice (bread) Sunchips 2% milk	22 Chicken tenders Macaroni and cheese Broccoli Fruit salad Biscuit/margarine 2% milk	23 Lasagna Tossed veg salad / dressing Pineapple tidbits Garlic breadstick/ cookie 2% milk	
26 Breaded pork chop Potato wedges Collard greens Fruit of choice WG roll/ margarine 2% milk	27 BBQ chicken Rice pilaf Baby carrots Tropical fruit mix WG roll/margarine 2% milk	28 Oven baked fish Steak fries Coleslaw Peaches Hushpuppies/ granola bar 2% milk	29 Meat sauce over cheese tortellini Green beans Mandarin oranges Garlic breadstick 2% milk	30 Fiesta salad with taco meat, corn, black beans, vegetable Corn chips Fruit cup Crackers 2% milk	