

*Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors*

**JANUARY 2023 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">CLOSED 2</p> 	<p align="center">3</p> <p align="center">Pork BBQ Boiled Potatoes Greens Fruit of Choice WG Roll/Margarine 2% Milk</p>	<p align="center">4</p> <p align="center">Chicken Chili Corn Peaches Cornbread/Margarine Nutrigrain Bar 2% Milk</p>	<p align="center">5</p> <p align="center">Stew Beef/LS Gravy Mashed Potatoes Green Beans Fruit Cup WG Roll/Margarine 2 % Milk</p>	<p align="center">6</p> <p align="center">Mango Chicken Rice Pilaf Oriental Blend Veg. Pineapple Tidbits Spring Roll 2% Milk</p>
<p align="center">9</p> <p align="center">Turkey Noodle Casserole Baby Carrots Mixed Fruit Cookie WG Roll/Margarine 2% Milk</p>	<p align="center">10</p> <p align="center">Fish Sticks / Tartar Sauce Macaroni &amp; Cheese Red Skin Potato Wedges Mandarin Oranges Hush Puppies/Margarine 2 % Milk</p>	<p align="center">11</p> <p align="center">Tomato Bisque Pimento Cheese Sandwich  Baked Apple with Cinnamon Sun Chips 2 % Milk</p>	<p align="center">12</p> <p align="center">Chicken BBQ Scalloped Potatoes Broccoli Tropical Fruit Mix Biscuit/Margarine 2 % Milk</p>	<p align="center">13</p> <p align="center">Chili Dog on Bun Baked Beans Coleslaw Peaches with Angel Food Cake 2% Milk</p>
<p align="center">16</p> <p align="center"><b>CLOSED FOR MLK HOLIDAY</b></p>	<p align="center">17</p> <p align="center">Cheese Omelet and Sausage Hash Browns Spinach Fresh Orange Blueberry Muffin/Margarine 2 % Milk</p>	<p align="center">18</p> <p align="center">Chicken Cordon Bleu Rice Pilaf Baby Carrots Fruit Cup WG Roll/Margarine 2 % Milk</p>	<p align="center">19</p> <p align="center">Spaghetti &amp; Meatballs Tossed Salad/Dressing Strawberry Applesauce Brownie Breadstick/Margarine 2 % Milk</p>	<p align="center">20</p> <p align="center">Loaded Baked Potato Soup Deli Sandwich Pineapple Tidbits Pudding Cup Crackers 2 % Milk</p>
<p align="center">23</p> <p align="center">Chicken Tenders Sweet Potato Tots Green Bean Casserole Fruit of Choice WG Roll/Margarine 2% Milk</p>	<p align="center">24</p> <p align="center">Lasagna Tossed Salad/Dressing Tropical Fruit Mix Cookie Garlic Breadstick 2% Milk</p>	<p align="center">25</p> <p align="center">Baked Pork Chop/Gravy Great Northern Beans Collards Blueberry Cobbler WG Roll/Margarine 2% Milk</p>	<p align="center">26</p> <p align="center">Baked Turkey/Gravy Stuffing California Blend Veg Mix Peaches/Whipped Topping Bread Slice/Margarine 2% Milk</p>	<p align="center">27</p> <p align="center">Oven Baked Fish/Tartar Sc Potato Wedge Steamed Cabbage Fruit of Choice Garlic Cheddar Biscuit 2% Milk</p>
<p align="center">30</p> <p align="center">Hamburger on Bun Steak Fries Baby Carrots Fruit Cocktail Cookie 2% Milk</p>	<p align="center">31</p> <p align="center">Chicken Enchilada Casserole  Corn and Black Beans Banana Corn Chips 2% Milk</p>	<p align="center">***Due to ongoing food sourcing issues, menu changes may be made as needed.</p>	<p align="center">Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed</p>	