

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

MARCH, 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Due to ongoing food sourcing issues, menu changes may be made as needed.</p>	<p>Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed</p>	<p>1 Dijon Pork Loin/Chop Mashed Potatoes/Gravy Okra/Tomatoes Fruit of Choice WG Roll/Margarine 2% Milk</p>	<p>2 Chili with Beef/ Beans Tossed Salad/Dressing Sunchips Peaches/Whipped Topping Cornbread/Margarine 2 % Milk</p>	<p>3 Chicken Tenders Sweet Potato Tots Winter Mix Vegetables Pineapple Tidbits Biscuit/Margarine 2% Milk</p>
<p>6 Fish Sticks Macaroni & Cheese Spinach Mandarin Oranges Hush Puppies/Margarine 2% Milk</p>	<p>7 Spaghetti & Meatballs Tuscan Blend Vegetables Fruit of Choice Garlic Breadstick/Margarine 2 % Milk</p>	<p>8 Baked Turkey/Gravy Stuffing Ginger Glazed Carrots Tropical Fruit Mix WG Roll/Margarine 2 % Milk</p>	<p>9 Beef Pepper Steak/Gravy Northern Beans Collards Baked Apple with Cinnamon WG Roll/Margarine 2 % Milk</p>	<p>10 Loaded Potato Soup Chef Salad with Meat/Cheese Banana Pudding Sun Chips 2% Milk</p>
<p>13 Mango Chicken Rice Pilaf Oriental Blend Vegetables Pineapple Tidbits Spring Roll (Veg) 2% Milk</p>	<p>14 Cheeseburger on Bun Steak Fries Green Beans Strawberry Applesauce Brownie 2 % Milk</p>	<p>15 Sliced Sausage Mashed Potatoes Green Pepper/Onion Peaches WG Roll/Margarine 2 % Milk</p>	<p>16 Oven Fried Chicken Potato Dumplings Alfredo Broccoli Tropical Fruit Mix Garlic Cheddar Biscuit 2 % Milk</p>	<p>17 CLOSED</p>
<p>20 Chili Dog on Bun Baked Beans Coleslaw Fruit Cobbler 2% Milk</p>	<p>21 Homemade Vegetable Soup Turkey Club Sandwich Fruit of Choice Cookie 2% Milk</p>	<p>22 Beef Tips/Mushroom Gravy Noodles Yellow Squash/Onions Peaches/Whipped Topping WG Roll/Margarine 2% Milk</p>	<p>23 Glazed Pork Chop Scalloped Potatoes California Blend Veg Fresh Orange WG Roll/Margarine 2% Milk</p>	<p>24 Fish Sandwich/Tartar Sce Hash Brown Patty Coleslaw Fruit Cup Brownie 2% Milk</p>
<p>27 Mini Corndogs Sweet Potato Fries/Wedge Green Beans Fruit Cocktail String Cheese 2% Milk</p>	<p>28 Pork BBQ Baby Lima Beans Collards Pineapple Tidbits Cornbread/Margarine 2% Milk</p>	<p>29 Chicken Cordon Bleu Rice Pilaf Tuscan Blend Vegetables Blushing Pears WG Roll/Margarine 2% Milk</p>	<p>30 Cheesy Beef/Macaroni Casserole Spinach Blueberry Cobbler WG Roll/Margarine 2% Milk</p>	<p>31 Salsa Chicken Fiesta Rice Black Beans/Roasted Corn Fruit of Choice Sun Chips 2% Milk</p>