

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

MAY, 2023 MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 1 Oven Baked Fish Macaroni & Cheese Coleslaw Peaches Hush Puppies 2% Milk | 2 BBQ Chicken Potato Salad Green Beans Blushing Pear Wheat Roll/Margarine 2% Milk | 3 Beef Steak/Mushroom Gravy Mashed Potatoes Santa Cruz Veg Blend Pineapple Tidbits Wheat Roll/Margarine 2% Milk | 4 Turkey/Cheese Sandwich California Pasta Salad Cucumber Tomato Salad Angel Food Cake with Strawberries 2% Milk | 5 Mango Chicken Rice Pilaf Stir Fried Vegetables Tropical Fruit Mix Wheat Roll/Margarine |
| 8 Sliced Smoked Sausage Green Pepper/Onions Potato Wedges Seasonal Fruit Cornbread/Margarine 2% Milk | 9 Spaghetti with Meat Sauce Tuscan Blend Vegetables Mixed Fruit Bread Stick/Margarine 2 % Milk | 10 Chicken Salad Macaroni Salad Tossed Vegetable Salad Blueberry Cobbler Hawaiian Roll/Margarine 2 % Milk | 11 Beef & Green Pepper Casserole Pinto Beans Peaches Garlic Cheddar Biscuit 2 % Milk | 12 Baked Pork Chop Potato Wedges Summer Squash/Onions Banana / Pudding Wheat Roll/Margarine 2% Milk |
| 15 Mini Corn Dogs Baked Beans Broccoli w/ Cheese Sauce Cinnamon Baked Apple Bread Slice 2% Milk | 16 Chef Salad with Turkey Cheese/Veg's/Dressing Sun Chips Whipped Fruit Salad Crackers 2 % Milk | 17 Pork BBQ Boiled Potatoes Steamed Cabbage Fruit of Choice Cornbread/Margarine 2 % Milk | 18 Chicken Cordon Bleu Rice Pilaf Baby Carrots Pears Wheat Roll/Margarine 2 % Milk | 19 Lasagna Green Beans Fruit Mix Cookie Breadstick 2 % Milk |
| 22 Creamy Chicken/Mushrooms over Noodles Vegetable of Choice Peaches w/ Whipped Top Hawaiin Roll/Margarine 2% Milk | 23 Chili Dog on Bun Baked Beans Coleslaw Melon of Choice Brownie 2% Milk | 24 Salisbury Steak Mashed Potatoes/Gravy Beets Pineapple Tidbits Wheat Roll/Margarine 2% Milk | 25 Italian Breaded Chicken Pasta with Red Sauce Tuscan Blend Vegetables Tropical Fruit Mix Breadstick 2% Milk | 26 Pimento Cheese Sandwich Potato Salad 3 Bean Salad Fruit of Choice Nutri Grain Bar 2% Milk |
| CLOSED TODAY 29  | 30 Baked Turkey/Gravy Rice California Veg. Blend Berries with Topping Wheat Roll/Margarine 2% Milk | 31 Fish Sandwich/Tartar Sc Potato Salad Coleslaw Mixed Fruit Cup Cookie 2% Milk | Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed | **Due to ongoing food sourcing issues, menu changes may be made as needed. |