

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

SEPTEMBER 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz	**Due to ongoing food sourcing issues, menu changes may be made.			1 Fish Nuggets Macaroni & Cheese Coleslaw Apple Cobbler Hush Puppies/Margarine 2% Milk
4 CLOSED FOR HOLIDAY 	5 Mango Chicken Fried Rice Oriental Blend Veg. Pineapple Tidbits WG Roll/Margarine 2 % Milk	6 Sliced Smoked Sausage Mashed Potatoes Onions/Green Peppers Peaches with Whipped Top WG Roll 2 % Milk	7 Baked Turkey/LS Gravy Sweet Potato Casserole Broccoli Mixed Fruit WG Bread Slice/Marg 2 % Milk	8 Pulled Pork Carnita Fiesta Rice Corn/Black Beans Fruit of Choice & Cookie Tortilla 2% Milk
11 Cheeseburger on Bun Potato Salad Three Bean Salad Tropical Fruit Mix Ketchup/Mustard 2 % Milk	12 Chef Salad with Turkey/Cheese Macaroni Salad Salad Dressing Fruit of Choice Crackers/Cookie 2 % Milk	13 BBQ Chicken Rice Pilaf Tuscan Blend Veg Peaches Biscuit/Margarine 2 % Milk	14 Pork Chop w/ Mushroom Gr. Mashed Potatoes Greens Fruit Cup WG Roll 2 % Milk	15 Chili Dog Baked Beans Coleslaw Pineapple Tidbits NutriGrain Bar 2 % Milk
18 Chicken Alfredo over Pasta Spinach Tropical Fruit Mix Garlic Parm Biscuit 2% Milk	19 Oven Fried Fish Potatoes Au Gratin Steamed Cabbage Fruit of Choice Hush Puppies 2% Milk	20 Pork BBQ Blackeye Peas Mixed Greens Fresh Orange Cornbread/Margarine 2% Milk	21 Chicken Tenders Macaroni & Cheese Broccoli Fruit Salad Biscuit/Margarine 2% Milk	22 Lasagna Tossed Veg Salad/Dressing Pineapple Tidbits Garlic Breadstick/Cookie 2% Milk
25 Breaded Pork Chop Potato Wedges Collard Greens Fruit of Choice WG Roll/Margarine 2% Milk	26 Chicken Cordon Bleu Rice Pilaf Baby Carrots Tropical Fruit Mix WG Roll/Margarine 2 % Milk	27 Cream of Broccoli Soup Turkey & Cheese Sandwich Sun Chips Fruit Cobbler Crackers 2% Milk	28 Meatballs Penne Pasta with Red Sauce Broccoli Mandarin Oranges Garlic Bread 2% Milk	29 Fiesta Salad with Taco Meat Corn, Black Beans, Veg Corn Chips Fruit Cup Crackers 2% Milk

WHAT'S FOR Lunch



Join us Monday-Friday for lunch!
No cost for participants 60+.
\$5 guest lunches available
for our visitors under 60.

Monetary contributions are always appreciated if you are able to give!

Must register with our Nutrition Coordinator prior to first meal. See reception desk for more information.