

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

NOVEMBER 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 as needed.	1 Oven Fried Fish Potatoes Au Gratin Coleslaw Pineapple Tidbits Hushpuppies/Margarine 2% Milk	2 Cheesy Beef Macaroni Casserole Baby Carrots Mixed Fruit Biscuit 2 % Milk	3 Chicken Filet Sandwich Sweet Potato Tots California Blend Vegetables Fruit with Whipped Topping Mayo, Mustard 2% Milk
6 Chef Salad with Turkey/Cheese/Dressing Pasta Salad Fruit of Choice WG Roll/Margarine 2% Milk	7 Chicken Cordon Bleu Rice Pilaf Catalina Blend Vegetable Pears Biscuit 2 % Milk	8 Tomato Bisque Soup Pimento Cheese Sandwich Banana Pudding Oyster Crackers 2 % Milk	9 Pork Carnita Black Beans/Corn Fiesta Rice Fresh Orange Soft Tortilla/Salsa 2 % Milk	10 
13 Baked Turkey/Grauy Sweet Potato Casserole Greens Rosy Pears Cornbread/Margarine 2% Milk	14 Meatballs with Red Sauce over Rotini Pasta Tuscan Blend Vegetables Fruit Cobbler Garlic Bread 2 % Milk	15 Broccoli Cheese Soup Deli Sandwich Sun Chips Cinnamon Apples Crackers 2 % Milk	16 Chicken Tenders Macaroni & Cheese Baby Carrots Fruit Salad Biscuit 2 % Milk	17 Fish Sandwich Steak Fries Coleslaw Fruit of Choice/Nutrigrain Bar Hushpuppies/Margarine 2 % Milk
20 Baked Pork Chop/LS Grauy Northern Beans Steamed Cabbage Mixed Fruit WG Roll/Margarine 2% Milk	21 Mango Chicken Fried Rice Oriental Blend Vegetables Pineapple Tidbits Spring Roll 2% Milk	22 Pulled Pork BBQ Boiled Potatoes Collard Greens Peaches Cornbread/Margarine 2% Milk	23 CLOSED 	24 CLOSED
27 Chili Dog on Bun Baked Beans Coleslaw Apple Slices Blueberry Muffin 2% Milk	28 Stew Beef/LS Grauy Mashed Potatoes Baby Carrots Pineapple Tidbits Biscuit/Margarine 2% Milk	29 Pizza Tossed Salad/Dressing Peaches Cake Slice Breadstick 2% Milk	30 Oven Fried Chicken Buttered Noodles Vegetable of Choice Pineapple Tidbits WG Roll/Margarine 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.