

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

FEBRUARY, 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed		1 Broccoli Cheese Soup Deli Sandwich Sunchips Fruit of Choice Twix Rasp. Yogurt 2 % Milk	2 Chicken Tenders Macaroni & Cheese Green Beans Pineapple Tidbits WG Roll/Margarine 2% Milk
5 Oven Fried Fish/Tartar Sce Red Skin Potato Wedges Coleslaw Mandarin Oranges Hush Puppies/Margarine 2% Milk	6 Meatloaf Mashed Potatoes/Gravy Corn Fruit Salad Garlic Cheddar Biscuit 2 % Milk	7 Mango Chicken Fried Rice Stir Fry Vegetables Tropical Fruit Spring Rolls 2 % Milk	8 Lasagna Vegetable Tossed Salad Fruit with Topping Garlic Bread 2 % Milk	9 Tomato Bisque Pimento Cheese Sandwich Apple Cobbler Oyster Crackers 2% Milk
12 Beef Taco/Lettuce/Tomato Fiesta Rice Black Bean/Corn Mix Peaches/Cookie Soft Tortilla 2% Milk	13 Baked Turkey/Gravy Macaroni & Cheese Broccoli Fruit Cup WG Roll/Margarine 2 % Milk	14 Italian Brd. Chicken Farfalle with Red Sauce Tuscan Blend Vegetables Strawberry Applesauce Garlic Cheddar Biscuit 2 % Milk	15 BBQ Pork Blackeye Peas Steamed Cabbage Tropical Fruit Mix Cornbread/Margarine 2 % Milk	16 Chili Dog on Bun Baked Beans Cauliflower Au Gratin Fresh Orange Nutrigrain Bar 2 % Milk
19 Chicken Tenders Steak Fries Coleslaw P/A Tidbits/Oatmeal Cookie Roll/Margarine 2% Milk	20 Salisbury Steak/LS Gravy Rice Baby Carrots Rosy Pears WG Roll/Margarine 2% Milk	21 Homemade Vegetable Soup Turkey Club Sandwich Tropical Fruit Mix Crackers 2% Milk	22 Baked Chicken Scalloped Potatoes California Blend Veg Fruit of Choice WG Roll/Margarine 2% Milk	23 Fish Sandwich/Tartar Sce Hash Brown Patty Coleslaw Pineapple Tidbits Vanilla Pudding Cup 2% Milk
26 Hamburger on Bun Potato Wedges Green Beans Fruit Cocktail NutriGrain Bar 2% Milk	27 Chicken Cordon Bleu Rice Pilaf Spinach Fruit Cup WG Roll/Margarine 2% Milk	28 Pizza Tossed Salad/Dressing Fruit Cobbler Bread Stick 2% Milk	29 Smoked Sausage/Bun Sweet Potato Tots Onion/Green Peppers Peaches/Whipped Topping 2% Milk	**Due to ongoing food sourcing issues, menu changes may be made as needed. <i>Kathleen Sodoma, RDN</i>

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!

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