

**Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors**  
**MARCH, 2024 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**Due to ongoing food sourcing issues, menu changes may be made as needed.</b></p>	<p>Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Condiments as needed</p>			<p>1</p> <p>Mango Chicken Rice Pilaf Stir Fry Vegetables Pineapple Tidbits Egg Roll 2% Milk</p>
<p>4</p> <p>Fish Sticks Macaroni &amp; Cheese Coleslaw Fruit with Whipped Topping Hush Puppies/Margarine 2% Milk</p>	<p>5</p> <p>Pork Carnita Fiesta Rice Black Beans/Corn/Salsa Tropical Fruit Mix Soft Tortilla 2 % Milk</p>	<p>6</p> <p>Mini Corn Dog Nuggets Baked Beans California Blend Veg. Cherry Cobbler WG Roll/Margarine 2 % Milk</p>	<p>7</p> <p>Beef Pepper Steak Mashed Potatoes/Gravy Collards Baked Apple with Cinnamon Cornbread/Margarine 2 % Milk</p>	<p>8</p> <p>Chef Salad with Meat/Cheese/Vegetables Pasta Salad Banana Pudding Crackers 2% Milk</p>
<p>11</p> <p>Chicken &amp; Dumplings Baby Carrots Pineapple Tidbits Biscuit/Margarine Raspberry Yogurt 2% Milk</p>	<p>12</p> <p>Cheeseburger on Bun Steak Fries Vegetable of Choice Strawberry Applesauce Oatmeal Cookie 2 % Milk</p>	<p>13</p> <p>Dijon Pork Loin/Chop Scalloped Potatoes Beets Fresh Orange WG Roll/Margarine 2 % Milk</p>	<p>14</p> <p>Chicken Tenders Macaroni &amp; Cheese Broccoli Fruit Parfait WG Roll/Margarine 2 % Milk</p>	<p>15</p> <p>CLOSED TODAY</p>
<p>18</p> <p>Philly Cheese Steak Potato Wedges Green Pepper/Onion Fruit Cobbler (Bun) 2% Milk</p>	<p>19</p> <p>Lasagna  Tossed Salad/Dressing Fruit of Choice Garlic Breadstick 2% Milk</p>	<p>20</p> <p>Beef Tips/Mushroom Gravy Noodles Yellow Squash/Onions Peaches/Whipped Topping WG Roll/Margarine 2% Milk</p>	<p>21</p> <p>Chicken Cordon Bleu Rice Pilaf Tuscan Blend Vegetables Blushing Pears WG Roll/Margarine 2% Milk</p>	<p>22</p> <p>Fish Sandwich/Tartar Sce Hash Brown Patty Coleslaw Fruit Cup Nutri Grain Bar 2% Milk</p>
<p>25</p> <p>Hot Dog on Bun Baked Beans Coleslaw Fruit with Whipped Topping String Cheese 2% Mlk</p>	<p>26</p> <p>Pork BBQ Northern Beans Collards Pineapple Tidbits Cornbread/Margarine 2% Milk</p>	<p>27</p> <p>Spaghetti Casserole  Broccoli Fruit of Choice Garlic Bread 2% Milk</p>	<p>28</p> <p>Fiesta Salad with Fajita Chicken, Cheese Black Beans/Roasted Corn Tropical Fruit Cup Sun Chips 2% Milk</p>	<p>29</p> <p>CLOSED TODAY</p>

# 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.