

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

**MAY, 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 BBQ Chicken Potato Salad Green Beans Blushing Pear Wheat Roll/Margarine 2% Milk	2 Philly CheeseSteak Sandwich Sweet Potato Tots Cucumber Tomato Salad Angel Food Cake with Strawberries 2% Milk	3 Mango Chicken Rice Pilaf Stir Fried Vegetables Tropical Fruit Mix Egg Roll 2% Milk
6 Sliced Smoked Sausage Green Pepper/Onions Potato Wedges Pineapple Tidbits Cornbread/Margarine 2% Milk	7 Spaghetti with Meat Sauce Tuscan Blend Vegetables Fruit of Choice Bread Stick/Margarine 2 % Milk	8 Chicken Salad Pasta Salad Tossed Vegetable Salad Tropical Fruit Hawaiian Roll/Margarine 2 % Milk	9 Pork Carnita Fiesta Rice Fajita Blend Vegetables Fresh Orange Flour Tortilla 2 % Milk	10 Oven Baked Fish Macaroni & Cheese Coleslaw Peaches Hush Puppies 2% Milk
13 Chili Dog Baked Beans Broccoli Apple Slices Hot Dog Bun/Condiments 2% Milk	14 Cobb Salad w/Grilled Chicken Cheese/Veg's/Dressing Sun Chips Whipped Fruit Salad Crackers 2 % Milk	15 Pork BBQ Boiled Potatoes Steamed Cabbage Fruit of Choice Cornbread/Margarine 2 % Milk	16 Chicken Cordon Bleu Rice Pilaf Baby Carrots Pears Wheat Roll/Margarine 2 % Milk	17 Lasagna Green Beans Fruit Mix Cookie Garlic Bread 2 % Milk
20 Creamy Mushroom Chicken over Noodles Vegetable of Choice Peaches w/ Whipped Top Hawaii Roll/Margarine 2% Milk	21 Salisbury Steak Mashed Potatoes/Gravy Beets Pineapple Tidbits Wheat Roll/Margarine 2% Milk	22 Turkey Cheese Sandwich Pasta Salad Tomato/Cucumber Salad Fruit of Choice Strawberry Angel Food Cake 2% Milk	23 Italian Breaded Chicken Pasta with Red Sauce Tuscan Blend Vegetables Tropical Fruit Mix Breadstick 2% Milk	24 Cheeseburger on Bun Potato Salad 3 Bean Salad Fruit Juice Nutri Grain Bar 2% Milk
27 <b>CLOSED FOR MEMORIAL DAY</b> 	28 Baked Chicken Rice California Veg. Blend Berries with Topping Wheat Roll/Margarine 2% Milk	29 Pepperoni Pizza String Cheese Tossed Chopped Salad/Dsg Mixed Fruit Cup Cookie 2% Milk	30 Stuffed Peppers Corn  Seasonal Fruit Biscuit/Margarine 2% Milk	31 Pork Chop/Gravy Northern Beans Collard Greens Pineapple Tidbits 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!**

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