

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

AUGUST 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz			1 Pulled Pork BBQ Boiled Potatoes Collard Greens Peaches Cornbread/Margarine 2 % Milk	2 Fiesta Salad w/ Fajita Chicken Corn, Black Beans, Veggies Sun Chips Fruit Cup Crackers / Dressing 2% Milk
5 Hotdog on Bun Baked Beans Coleslaw Strawberry Cobbler (Bun) 2 % Milk	6 Oven Baked Fish Steak Fries Steamed Cabbage Peaches Hush Puppies 2 % Milk	7 Stew Beef/Gravy Butter Noodles Tuscan Blend Veg Pineapple Tidbit WG Roll/Margarine 2 % Milk	8 Turkey/Cheese Sandwich Potato Salad Cucumber Salad Fruit w/ Whipped Topping (Bun for Sandwich) 2 % Milk	9 Egg Frittata Potato Wedges Broccoli Fruit Cup Blueberry Muffin 2% Milk
12 Lasagna Tossed Veg Salad/Dressing Pineapple Tidbits Garlic Breadstick/Marg 2 % Milk	13 Mango or Bkd Chicken Potato Wedges Stir Fry Vegetables Mandarin Oranges Roll/Margarine 2 % Milk	14 Beef Empanada Fiesta Rice Corn & Black Beans Fruit of Choice Cornbread/Margarine 2 % Milk	15 Mini Corn Dogs Baked Beans California Blend Veg Tropical Fruit Mix Nutri Grain Bar 2 % Milk	16 Chicken Salad Pasta Salad Tomato/Cucumber Salad Fruit Cup Croissant 2 % Milk
19 Pizza Tossed Veg Salad/Dressing Fruit Cobbler String Cheese 2% Milk	20 Chef Salad with Veg, Meat, Cheese, Dressing Crackers Tropical Fruit Cookie 2% Milk	21 Chicken Cordon Bleu Rice Pilaf Baby Carrots Peaches WG Roll/Margarine 2% Milk	22 Spaghetti with Meatballs Green Beans Mixed Fruit Garlic Bread 2% Milk	23 Pork Chop/LS Gravy Mashed Potatoes Summer Squash/Onions Pineapple Tidbits WG Roll/Margarine 2% Milk
26 Tuna Salad Pasta Salad 3 Bean Salad Fruit Parfait Croissant 2% Milk	27 BBQ Chicken Potato Salad California Blend Vegetables Fresh Orange WG Roll/Margarine 2 % Milk	28 Smoked Sausage Potato Wedges Green Peppers/Onions Seasonal Fruit Bun 2% Milk	29 Chicken Tenders Macaroni & Cheese Stir Fry Vegetables Fruit of Choice Cornbread 2% Milk	30 Hamburger on Bun Potato Wedges Green Beans Banana Pudding (banana) Mayo/Ketchup 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.