

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

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| 1<br>CLOSED  | 2<br>CLOSED  | 3<br>CLOSED   | 4<br>CLOSED FOR HOLIDAY   | 5<br>CLOSED   |
|                             |  |    |   |   |
| 8<br>Meatballs with Pasta Sauce over Rigatoni<br>Broccoli<br>Fruit of Choice<br>Garlic Breadstick<br>2% Milk | 9<br>Oven Fried Fish<br>Macaroni & Cheese<br>Cole Slaw<br>Whipped Fruit Salad<br>Hush Puppies<br>2% Milk             | 10<br>Salisbury Steak/Gravy<br>Mashed Potatoes<br>Summer Squash & Onions<br>Mandarin Oranges<br>WG Roll/Margarine<br>2 % Milk | 11<br>Fiesta Salad w/ Grilled Chicken<br>Blk Beans, Corn, Veggies<br>Fiesta Rice<br>Tropical Fruit Mix<br>Tortilla Chips<br>2% Milk | 12<br>Chicken Salad<br>Cucumber/Tomato Salad<br>Pasta Salad<br>Fresh Orange<br>Croissant<br>2% Milk                             |
| 15<br>Hot Dog on Bun<br>Baked Beans<br>Coleslaw<br>Blueberry Cobbler (Bun) Ketchup/Mustard<br>2 % Milk       | 16<br>Mango Chicken<br>Rice Pilaf<br>Oriental Blend Vegetables<br>Pineapple Tidbits<br>WG Roll/Margarine<br>2 % Milk | 17<br>Turkey/Cheese Sandwich<br>Pasta Salad<br>Tomato/Lettuce<br>Fruit of Choice<br>Nutrigrain Bar<br>2 % Milk                | 18<br>Lasagna<br>Tossed Veg. Salad/Dressing<br><br>Tropical Fruit Mix<br>Garlic Bread<br>2 % Milk                                   | 19<br>Chicken Breast Filet Sand.<br>Macaroni & Cheese<br>Green Beans<br>Fruit w/ Whipped Topping (Bun) / Condiments<br>2 % Milk |
| 22<br>Fish Nuggets<br>Potato Wedges<br>Coleslaw<br>Pineapple Tidbits<br>Cornbread/Margarine<br>2% Milk       | 23<br>Chef Salad with Turkey/Cheese<br>Macaroni Salad<br>Peaches<br>Cranberry Orange Loaf Cake<br>2% Milk            | 24<br>Chicken Cordon Bleu<br>Rice Pilaf<br>Baby Carrots<br>Tropical Fruit Mix<br>Wheat Roll/Margarine<br>2% Milk              | 25<br>Cheeseburger on Bun<br>Wedge Fries<br>Green Beans<br>Fruit Cup<br>Oatmeal Cookie<br>2% Milk                                   | 26<br>Tacos w/Beef/Cheese<br>Shredded Lettuce, Tomatoes<br>Black Beans/Corn<br>Fruit Cobbler<br>Soft Taco Shell<br>2% Milk      |
| 29<br>Stuffed Cabbage Roll<br>String Cheese<br>Corn<br>Fruit Parfait<br>Biscuit<br>2% Milk                   | 30<br>BBQ Chicken<br>Potato Salad<br>Vegetable of Choice<br>Apple Slices<br>Roll/Margarine<br>2% Milk                | 31<br>Philly Cheesesteak Sandwich<br>Sweet Potato Waffle Fries<br>Onions/Peppers<br>Rosy Pears<br>Bun for Sandwich<br>2% Milk | Meat - at least 3 oz<br>Casserole - 6 oz<br>Veg/Fruit - 1/2 c<br>Juice - 6 oz<br>Bread/Roll - 1 each                                | Reviewed by:  |

# 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.