

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

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Bread/Roll - 1 each	 Thank You Veterans	 Rectangular Soup		Kielbasa Sausage Cabbage White Rice Chilled Peaches Hot Dog Bun Mustard Packet 2% Milk
Diced Turkey Tetrazzini Steamed Spinach Egg Noodles Pineapple Coconut Cobbler Soft Roll/Margarine 2% Milk	CLOSED FOR ELECTION	Chicken Breast Mushroom Gravy Beets Wild Rice Soft Roll/Margarine 2% Milk	Meatloaf/Brown Gravy Green Peas Mashed Potatoes Chilled Pears Soft Roll/Margarine 2% Milk	Hot Dog on Bun ColeSlaw Potato Salad Baked Apples Mustard/Ketchup/Relish 2% Milk
CLOSED VETERAN'S DAY	Baked Ziti Green Beans Pineapple Tidbits Breadstick 2% Milk	BBQ Chicken Thigh Mixed Greens Mac and Cheese Fresh Orange Soft Roll/Margarine 2% Milk	Sloppy Joe Baked Beans Roasted Potatoes Bun Fresh Banana 2% Milk	Pork Cutlet w/Gravy Great Northern Beans Mashed Potatoes Applesauce Soft Roll/Margarine 2% Milk
Beef Straganoff Egg Noodles California Blend Veggies Chilled Pears Soft Roll/Margarine 2% Milk	Chicken Pot Pie W/Biscuit Crust Broccoli Fresh Sliced Apples 2% Milk	Southern Style Pork BBQ ColeSlaw Potato Au Gratin Fruit Cocktail Bun 2% Milk	Italian Meatballs Marinara Penne Pasta Salad w/ veggies Pineapple Tidbits Breadstick parmesan PC 2% Milk	Turkey Breast w/Gravy Dressing Yams Green Beans Cranberry Sauce Pumpkin Pie Soft Roll/Margarine 2% Milk
Baked Pork Chop Potatoes Au Gratin Cabbage Soft Roll/Margarine Applesauce 2% Milk	Grilled Chicken Sandwich Lettuce, Tomato Roasted Potatoes Broccoli Tropical Fruit Mayo, Mustard 2% Milk	Country Style Steak w/ Gravy Succotash Potato Au Gratin Soft Roll w/ Margarine Chilled Pears Milk 2%	CLOSED THANKSGIVING 	CLOSED THANKSGIVING

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.