

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Parmesan Marinara Sauce Spaghetti Noodles Steamed Broccoli Diced Pears Breadstick 2% Milk	Herbed Baked Pork Chop Cabbage Mashed Potatoes Baked Apples Soft Roll/Margarine 2% Milk	Turkey Tetrazzini Egg Noodles Carrots Diced Peaches Soft Roll/Margarine 2% Milk	Chicken Tenders Mac and Cheese Squash Melody Fresh Apple Slices Soft Roll/Margarine Ranch, Honey Mustard Dips 2% Milk	Cheeseburger Lettuce/Tomato Baked Beans Roasted Potatoes Fruit Cocktail Mustard/Mayo/Ketchup 2% Milk
9	10	11	12	13
Meatballs w/ Marinara Penne Pasta Salad w/ Veggies/Dressing Green Peas Mandarin Oranges Breadstick 2% Milk	Roasted Chicken Leg Brown Rice Succotash Pineapple Tidbits Biscuit/Margarine 2% Milk	Beef & Broccoli Egg Fried Rice Stir Fried Vegetables Fresh Banana Soft Roll/Margarine 2% Milk	Mac & Cheese w/ Ham Mixed Greens Okra & Tomatoes Fresh Orange Soft Roll / Margarine 2% Milk	HotDog Baked Beans Coleslaw Blueberry Crisp Mustard/Ketchup/Relish Bun 2% Milk
16	17	18	19	20
Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Brownie Tropical Fruit Soft Roll 2% Milk	Chicken Pot Pie Green Beans Dill Carrots 100% Fruit Juice 2% Milk	Baked Ziti Salad w/ Veggies, Dressing Pineapple tidbits Breadstick 2% Milk	Southern Style BBQ Pork Coleslaw Potato Au Gratin Baked Apples Bun 2% Milk	Grilled Chicken Sandwich Lettuce/Tomato Roasted Potatoes Broccoli Salad Mayo/Mustard Fruit Cocktail 2% Milk
23	24	25	26	27
CLOSED	CLOSED CHRISTMAS	CLOSED CHRISTMAS	CLOSED	CLOSED
28	29	30	31	
CLOSED	CLOSED	CLOSED	CLOSED	
				Meat - at least 3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Bread/Roll - 1 each