





APRIL 2026		Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors <i>*Menus subject to change*</i>		
Monday	Tuesday	Wednesday	Thursday	Friday
		¹ Kielbasa Sausage w/peppers, onions Steamed cabbage White rice Hot dog bun Mandarin oranges Mustard Milk 2%	² Baked ham w/ pineapple sauce Green beans Oven roasted potatoes Banana pudding Roll w/margarine Milk 2%	CLOSED EASTER 
⁶ Southern style BBQ Coleslaw Baked Beans Brown sugar baked apples Hamburger bun Milk 2%	⁷ Chicken cordon bleu Rice pilaf California blend veggies Fruit cocktail Roll w/margarine Milk 2%	⁸ Swedish meatballs Buttered egg-noodles Peas & carrots Whole wheat roll w/margarine Chilled peaches Milk 2%	⁹ Baked pork chop Collard greens Potatoes Au Gratin Applesauce Roll w/margarine Milk 2%	¹⁰ Chicken Salad Pasta salad Three bean salad Pears Wheat bread Milk 2%
¹³ Hamburger steak w/brown gravy Mashed potatoes Succotash 100 % Fruit juice Chocolate chip cookie Roll w/ margarine Milk 2%	¹⁴ Chicken alfredo w/ pasta Steamed broccoli Green salad w/ veggies, dressing Breadstick Fresh apple Milk 2%	¹⁵ Baked lemon pepper fish Mac & Cheese Tuscany vegetables Whole wheat roll w/margarine Fresh banana Milk 2%	¹⁶ Turkey and Cheese on Wheat Lettuce , Tomato Potato Salad Cucumber Salad Diced Pears Mayo, Mustard 2% Milk	¹⁷ Italian meatballs w/ marinara sauce Penne pasta Green salad w/ veggies, dressing Breadstick Pineapple tidbits Milk 2%
²⁰ Egg cheese omelet spinach Sausage links Breakfast potatoes Blueberry muffin 100 % orange juice Milk 2%	²¹ Stuffed green pepper casserole Baby carrots Tropical fruit Roll w/margarine Milk 2%	²² Roasted chicken legs Broccoli Sweet potatoes Roll w/margarine Fresh apple slices Milk 2%	²³ Baked spaghetti Peas and carrots Peach cobbler Breadstick Milk 2%	²⁴ Beef hotdog on bun Baked beans Coleslaw Fresh orange Mustard, ketchup Milk 2%
²⁷ BBQ chicken Mixed Vegetables Mac and Cheese Chilled pears Roll w/margarine Milk 2%	²⁸ Beef stroganoff w/ egg noodles Peas Chilled peaches Roll w/margarine Milk 2%	²⁹ Herbed pork tenderloin Broccoli and cheese White rice Applesauce Whole wheat roll w/margarine Milk 2%	³⁰ Baked chicken w/ mushroom gravy Broccoli and cheese Mashed potatoes Chilled pears Whole wheat roll w/margarine Milk 2%	At least 3 oz meat Casserole-6oz Veg/Fruit-4oz Juice-4oz Dairy-8oz Grain-2oz

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.

