



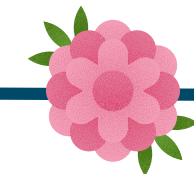
Brunswick Senior Resources, Inc.
Provides Nutritionally Balanced Meals for Seniors



Menus subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MEAT AT LEAST 3 OZ CASSEROLE 6 OZ VEG/FRUIT 1/2 CUP JUICE 6 OZ CONDIMENTS AS NEEDED</p>				<p>1 BBQ CHICKEN POTATO SALAD GREEN BEANS DICED PEARS WHEAT ROLL W/ MARGARINE 2% MILK</p>
<p>4 CHICKEN FAJITAS W/ PEPPERS, ONIONS BLACK BEANS AND CORN BLEND FLOUR TORTILLAS CHOCOLATE CHIP COOKIE 100% FRUIT JUICE 2% MILK SOUR CREAM, CHEESE, SALSA</p>	<p>5 SPAGHETTI W/MEAT SAUCE TUSCAN BLEND VEGGIES MIXED FRUIT BREAD STICK W/ MARGARINE 2% MILK</p>	<p>6 CHICKEN SALAD MACARONI SALAD TOSSED VEGETABLE SALAD PINEAPPLE TIDBITS HAWAIIAN ROLL W/ MARGARINE 2% MILK</p>	<p>7 BEEF AND GREEN PEPPER CASSEROLE PINTO BEANS PEACHES GARLIC CHEDDAR BISCUIT 2% MILK</p>	<p>8 BAKED PORK CHOP POTATO WEDGES SUMMER SQUASH W/ONIONS BANANA PUDDING WHEAT ROLL W/ MARGARINE 2% MILK</p>
<p>11 MEATLOAF W/GRAVY MASHED POTATOES PEAS AND CARROTS FRESH ORANGE DINNER ROLL W/ MARGARINE</p>	<p>12 CHEF SALAD W/ TURKEY CHEESE/ VEGGIES/DRESSING SUN CHIPS WHIPPED FRUIT SALAD CRACKERS 2% MILK</p>	<p>13 CORDON BLEU RICE PILAF BABY CARROTS PEARS WHEAT ROLL W/ MARGARINE 2% MILK</p>	<p>14 PORK BBQ BOILED POTATOES STEAMED CABBAGE FRUIT OF CHOICE CORNBREAD W/ MARGARINE 2% MILK</p>	<p>15 LASAGNA GREEN BEANS FRUIT MIX COOKIE BREADSTICK 2% MILK</p>
<p>18 BAKED CHICKEN W/ MUSHROOM GRAVY VEGETABLE OF CHOICE PEACHES W/WHIPPED TOPPING HAWAIIAN ROLL W/ MARGARINE 2% MILK</p>	<p>19 CHILI DOG ON BUN BAKED BEANS COLESLAW MELON OF CHOICE BROWNIE 2% MILK</p>	<p>20 SALISBURY STEAK MASHED POTATOES W/GRAVY BEETS PINEAPPLE TIDBITS WHEAT ROLL W/ MARGARINE 2% MILK</p>	<p>21 ITALIAN BREADED CHICKEN PASTA W/RED SAUCE TUSCAN BLEND VEGGIES TROPICAL FRUIT MIX BREADSTICK 2% MILK</p>	<p>22 OVEN BAKED FISH MACARONI AND CHEESE COLESLAW PEACHES HUSH PUPPIES 2% MILK</p>
<p>25 CLOSED MEMORIAL DAY REMEMBER & HONOR</p>	<p>26 ITALIAN MEATBALLS W/MARINARA SAUCE PENNE PASTA GREEN SALAD W/ VEGGIES & DRESSING PINEAPPLE TIDBITS BREADSTICK 2% MILK</p>	<p>27 CHICKEN TERIYAKI W/BROWN RICE ASIAN VEGGIES MANDARIN ORANGES ROLL W/ MARGARINE 2% MILK</p>	<p>28 BAKED TURKEY W/ GRAVY AND RICE CALIFORNIA VEGGIE BLEND BERRIES W/TOPPING WHEAT ROLL W/ MARGARINE 2% MILK</p>	<p>29 FISH SANDWICH POTATO SALAD COLESLAW MIXED FRUIT CUP COOKIE 2% MILK</p>

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.

