




OCTOBER 		 <i>Brunswick Senior Resources, Inc.</i> <i>Provides Nutritionally Balanced Meals for Seniors</i> <i>*Menus subject to change*</i> 		
Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Sandwich Coleslaw Hushpuppies Oven Roasted Potatoes Chilled Peaches 4 " Bun Chocolate Chip Cookie Milk 2 % Tartar Sauce	2 Italian Meatballs w/ Marinara Sauce Whole Wheat Penne Pasta Green Salad Tropical Fruit Ranch Dressing Bread Stick Milk 2%	3 Sliced Ham Country Style Green beans Sweet Potato Casserole Applesauce Soft Roll Margarine Milk 2%	4 Turkey and Cheese on Wheat Lettuce Tomato Potato Salad Mayo, Mustard Chilled Pears Milk 2%	5 BBQ Chicken Breast Collard Greens Orange Mac & Cheese Peach Cobbler Soft Roll Margarine Milk 2%
10 Pork Marsala Orzo w/Parmesan cheese and Spinach Seasoned Carrots Baked Apples Milk 2% Whole Wheat Roll	9 Baked Chicken w/ Mushroom Gravy Broccoli Au Gratin Chilled Pears Mashed Potatoes Whole Wheat Roll Milk 2% Margarine	10 Mexican Fiesta Casserole Confetti Corn Corn Bread Tropical Fruit Cinnamon Roll Sour Cream Milk 2%	11 Beef Hotdog Coleslaw Baked Beans Hotdog bun Jello w/ fruit Mustard Milk 2 %	12 Shepherd's Pie Lima Beans Mixed Berry Cobbler Whole Wheat Roll Milk 2%
15 Mexican Fiesta Casserole Confetti Corn Corn Bread Tropical Fruit Cinnamon Roll Sour Cream Milk 2%	16 All American Cheeseburger Lettuce&Tomato Bagged chips Ketchup & Mayo Bun 4" Apple Pie Milk 2%	17 Shepherd's Pie Lima Beans Mixed Berry Cobbler Whole Wheat Roll Milk 2%	18 Kielbasa Sausage w/ Peppers & Onions Sauerkraut Hotdog bun Spiced Pears Margarine Mustard Packet Milk 2%	19 Baked Spaghetti Spaghetti Noodles Green Salad Peach Cobbler Breadstick Dressing Milk 2%
22 Pork Cutlet w/ Gravy Great Northern Beans Mashed Potatoes Applesauce Whole Wheat Roll Margarine Milk 2%	23 Chicken Teriyaki Brown Rice Asian Veggies Vanilla Pudding Mandarin Oranges Soft Roll Margarine Milk 2%	24 Country Fried Chicken w/ Gravy Mashed Potatoes Green Beans Biscuit Margarine Jello Milk 2%	25 Southern Style Pork BBQ Cole Slaw Brown Sugar Apples Potatoes Au Gratin 4" Bun Milk 2%	26 Fish Sandwich Coleslaw Hushpuppies Oven Roasted Potatoes Chilled Peaches 4 " Bun Chocolate Chip Cookie Milk 2 % Tartar Sauce
29 Chicken Fajitas w/ Peppers and Onions Spanish Rice Pinto Beans Soft Taco Shells Mandarin Oranges Chocolate Pudding Milk 2%	30 Italian Meatballs w/ Marinara Sauce Whole Wheat Penne Pasta Green Salad Tropical Fruit Ranch Dressing Bread Stick Milk 2%	31 Sliced Ham Country Style Green beans Sweet Potato Casserole Applesauce Soft Roll Margarine Milk 2%	