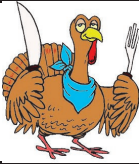


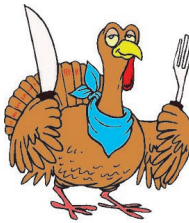


NOVEMBER		 <i>Brunswick Senior Resources, Inc.</i> <i>Provides Nutritionally Balanced Meals for Seniors</i> <i>*Menus subject to change*</i>				
Monday	Tuesday	Wednesday	Thursday	Friday		
			1 Chicken Pot Pie Green Beans Biscuit Blueberry Crisp Margarine Milk 2%	2 Fish Sandwich Coleslaw Oven Roasted Potatoes Chilled Peaches 4" bun Cookie Tarter Sauce Milk 2%		
5 Italian Meatballs w/ Marinara Green Salad Whole Wheat Penne Breadstick Pineapple Tidbits Dressing 2% Milk	6 Sliced Ham Country Style Green Beans Sweet Potato Casserole Applesauce Soft Roll Margarine 2% Milk	7 Vegetable Beef Soup Green Salad Grilled Cheese on White Bread Jello w/ Fruit Dressing Saltines 2% Milk	8 Pork Marsala Seasoned Carrots Orzo w/Spinach, Tomatoes Parmesan Cheese Baked Apples Whole Wheat Roll Margarine 2% Milk	9 Baked Chicken Breast w/ Mushroom Gravy Broccoli Au Gratin Mashed Potatoes Chilled Pears Whole Wheat Roll Margarine 2% Milk		
12 Closed for Veterans Day	13 Beef Hot Dog Cole Slaw Baked Beans Hot Dog Bun Jello w/ Fruit Mustard 2% Milk	14 Chicken Teriyaki Asian Veggies Brown Rice Mandarin Orange Vanilla Pudding Margarine 2% Milk	15 Kielbasa Sausage Peppers & Onions Spiced Pears Hot Dog Bun Mustard Margarine 2% Milk	16 Chicken Parmesan Spaghetti Green Salad Peach Cobbler Breadstick Dressing 2% Milk		
19 Pork Cutlet w/ Gravy Great Northern Beans Mashed Potatoes Applesauce Soft Roll Margarine 2% Milk	20 Turkey Breast w/ Gravy Dressing Mashed Potatoes Green beans Cranberry Sauce Soft Roll 2% Milk	21 Shepard's Pie Lima Beans Berry Cobbler Whole Wheat Roll Margarine 2% Milk	22 CLOSED 	23 CLOSED		
26 Chicken Fajita Peppers & Onions Pinto Beans Spanish Rice Soft Taco Shell Mandarin Orange Chocolate Pudding 2% Milk	27 Stuffed Pepper Casserole Seasoned Carrots White Rice Tropical Fruit Soft Roll Margarine 2% Milk	28 Baked Pork Chop Potatoes Au Gratin Steamed Cabbage Whole Wheat Roll Applesauce Margarine 2% Milk	5 Vegetable Lasagna Green Salad Pears Bread Stick Chocolate Pudding Dressing 2% Milk	30 BBQ Chicken Collard Greens Mac % Cheese Fresh Orange Peach Cobbler Soft Roll Margarine 2% Milk		