

JANUARY	<i>Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors</i> <i>*Menus subject to change*</i>			
Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2 Pork Marsala Seasoned Carrots Orzo w/ Tomatoes, Spinach, Parmesan Baked Apples Whole Wheat Roll Margarine Milk 2%	3 Stuffed Cordon Bleu Chicken Breast Rice Pilaf Mixed Seasoned Veggies Fruit Salad Soft Roll Milk 2%	4 Fish Sandwich Coleslaw Oven Roasted Potatoes Chilled Peaches 4" Bun Chocolate Chip Cookie Tarter Sauce Milk 2%
7 Chicken Teriyaki Brown Rice Asian Vegetables Vanilla Pudding Mandarin Oranges Soft Roll Margarine Milk 2%	8 Vegetable Beef Soup Green Salad w/ Dressing Grilled Swiss Cheese Jello w/ Fruit Saltines Milk 2%	9 Chicken Alfredo w/ Fettuccini Pasta Steamed Broccoli Caesar Salad w/ Dressing Bread Stick Fruit Juice 100%	10 Baked Lemon Pepper Fish Mac & Cheese Tuscany Vegetable Blend Whole Wheat Roll Fresh Banana Fruit Pie Milk 2%	11 Mexican Fiesta Casserole Fiesta Corn Tropical Fruit Cornbread Cinnamon Bun Milk 2%
14 Chicken and Rice Bake Seasoned Green Beans Glazed Carrots Whole Wheat Roll Baked Apples Milk 2%	15 Italian Meatballs w/ Marinara Sauce Whole Wheat Penne Caesar Salad w/ Dressing Breadstick Pineapple Tidbits Milk 2%	16 BBQ Pork Chop Collard Greens Mac & Cheese Fresh Orange Peach Cobbler Soft Roll Margarine Milk 2%	17 Chicken Salad Lettuce & Tomato Potato Salad Whole Wheat Bread Chips Mandarin Oranges Milk 2%	18 Beef Chili w/ Beans White Rice Green Salad w/ Dressing Apple and Raisin Compote Saltines Sour Cream Milk 2%
21 CLOSED FOR MLK DAY 	22 Baked Chicken Breast w/ Mushroom Gravy Broccoli Au Gratin Mashed Potatoes Chilled Pears Whole Wheat Roll Margarine Milk 2%	23 Shepard's Pie Lima Beans Berry Cobbler Whole Wheat Roll Margarine Milk 2%	24 Vegetable Lasagna Green Salad w/ dressing Pears Breadstick Chocolate Pudding Milk 2%	25 Chicken Pot Pie Green Beans Biscuit Blueberry Crisp Margarine Milk 2%
28 Swedish Meatballs Buttered Egg Noodles Peas & Carrots Whole Wheat Roll Hot Spiced Fruit Margarine Milk 2%	29 Baked Pork Chop Potatoes Au Gratin Steamed Cabbage Applesauce Whole Wheat Roll Margarine Milk 2%	30 Chicken Dumplings Steamed Mixed Veggies Peach Cobbler Soft Roll Margarine Milk 2%	31 Rosemary Roasted Chicken Breast Mashed Red Skin Potatoes Green Peas & Onions Brownie Soft Roll Milk 2%	