




FEBRUARY   <i>Brunswick Senior Resources, Inc. Provides Nutritionally Balanced Meals for Seniors</i>  <i>*Menus subject to change*</i>				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breaded Fish Fillet Coleslaw Roasted Potatoes Chilled Peaches Hamburger Bun Chocolate Chip cookie Tartar Sauce Milk 2%
4 Chicken Teriyaki Brown Rice Asian Vegetables Vanilla Pudding Mandarin Oranges Soft Roll Margarine Milk 2%	5 Swedish Meatballs Buttered Egg Noodles Peas & Carrots Whole Wheat Roll Hot Spiced Fruit Margarine Milk 2%	6 Pork Marsala Seasoned Carrots Orzo w/ Spinach, Tomatoes and Parmesan Cheese Baked Apples Soft Roll Margarine Milk 2%	7 Stuffed Cordon Bleu Chicken Breast Rice Pilaf Mixed Veggies Soft Roll Fruit Salad Margarine Milk 2%	8 Mexican Fiesta Casserole Fiesta Corn Tropical Fruit Cornbread Cinnamon Bun Milk 2%
11 Chicken and Rice Bake Seasoned Green Beans Glazed Carrots Whole Wheat Roll Baked Apples Milk 2%	12 Vegetable Beef Soup Green Salad Grilled Swiss Cheese Saltines Dressing Jello w/ Fruit Milk 2%	13 Chicken Salad Lettuce & Tomato Potato Salad Whole Wheat Bread Chips Mandarin Oranges Milk 2%	14 Baked Lemon Pepper Fish Italian Veggie Blend Mac & Cheese Banana Fruit Cobbler Margarine Roll Milk 2%	15 Beef Chili w/ Beans White Rice Green Salad w/ Dressing Apple and Raisin Compote Saltines Sour Cream Milk 2%
18 Pork Cutlet w/ Gravy Great Northern Beans Rice Applesauce Soft Roll Milk 2%	19 Baked Chicken Breast w/ Mushroom Gravy Broccoli Au Gratin Mashed Potatoes Chilled Pears Whole Wheat Roll Margarine Milk 2%	20 Shepherd's Pie Lima Beans Berry Cobbler Whole Wheat Roll Margarine Milk 2%	21 Vegetable Lasagna Green Salad w/ dressing Pears Breadstick Chocolate Pudding Milk 2%	22 Chicken Pot Pie Green Beans Biscuit Blueberry Crisp Margarine Milk 2%
25 Swedish Meatballs Buttered Egg Noodles Peas & Carrots Whole Wheat Roll Hot Spiced Fruit Margarine Milk 2%	26 Baked Pork Chop Potatoes Au Gratin Steamed Cabbage Applesauce Whole Wheat Roll Margarine Milk 2%	27 Chicken Dump- lings Steamed Mixed Veggies Peach Cobbler Soft Roll Margarine Milk 2%	28 Mexican Fiesta Casserole Fiesta Corn Tropical Fruit Cornbread Cinnamon Bun Milk 2%	