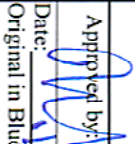
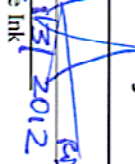


Brunswick Senior Resources, Inc., February 2012 – Senior Citizen Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Approved by:  Date: <u>2/13/2012</u>  Original in Blue Ink FRZ-frozen BLD-boiled CND- canned FRE- Fresh UNSWT-Unsweetened; SF-Sugar Free ADA-Diabetic; REG-Regular				
6 Pot Roast w/Gravy Mashed Potato (DRY) Okra/Tomatoes (CND, FRZ) Dinner Roll/W/W Roll (ADA) Orange (FRE) (ADA/REG) Beverage	7 Fried Chicken Filet/Gravy Brown Rice Green Beans (FRZ) Biscuit(REG)/W/W Bread (ADA) Orange Juice Apple (ADA) Cake w/Icing (REG) Beverage	8 Pork Roast/Gravy Mashed Sweet Potatoes Turnip Greens (FRZ) Dinner Roll/W/W Rolls (ADA) Pineapple Tidbits (CND/ADA/REG) Beverage	9 Stuffed Cabbage Roll Field Peas with Snaps (FRZ) W/W Bread (ADA) White Bread Peaches (CND/ADA) Brownies (REG) Beverage	10 Beef Tips /Gravy/Mushrooms 3oz W/WNoodles (1/2c) Carrots (FRZ) Dinner Roll W/W Dinner Roll (ADA/REG) Applesauce (CND)(ADA/REG) Beverage
13 Herb Baked Chicken Filet w/ Gravy Brown Rice Collards (FRZ) Biscuit (REG)/W/W Roll (ADA)) Fruit Cocktail (CND) (ADA/REG) Orange Juice Beverage	14 Sliced Roast Beef/Au Jus Brown Rice (DRY) Carrots (CND) W/W Dinner Roll Applesauce (CND) (ADA) Jell-O (REG) Beverage	15 Barbeque Pork Baked Beans (CND) Cole Slaw Hamburger Roll/W/W Bun (ADA) Orange (FRE) (ADA/REG) Beverage	16 Asian Chicken w/ 1/2c Vegetables (FRZ) Stir Fry Rice (FRZ) (1/3 C-ADA/1/3 C-REG) Dinner Roll/W/W Roll (ADA) Apple (FRE) (ADA/REG) Grape Juice Beverage	17 Baked Pork Chop w/Gravy Corn Casserole 1/2 C Turnip Greens (FRZ) White Bread/W/W Bread (ADA) Peaches (CND) (ADA/REG) Orange Juice Beverage
20 Chicken & Dumplings – 1c Carrots (CND) Dinner Roll/W/W Roll (ADA) Grape Juice Sugar Cookies (REG-2) (ADA-1) Beverage	21 Beef Macaroni Casserole - 1C w/ Beef 2oz. Green Beans (FRZ) Italian Bread 1-slice (ADA/REG) Orange (FRE) (ADA/REG) Beverage	22 Roast Turkey/Gravy Stuffing(DRY) (1/3C-REG) (1/3C ADA) Peas/Carrots (FRZ) 1/2 C W/W Bread (ADA/REG) Pears (CND,ADA/REG) Beverage	23 Tuna Casserole Sliced Beets Biscuit/W/W Bread (ADA) Peaches(CND/ADA/REG) Grape Juice Beverage	24 Chopped Steak/Gravy Mashed Sweet Potatoes Okra/Tomatoes (CND, FRZ) White Bread/W/W Bread (ADA) Applesauce (CND/ADA/REG) Beverage
27 Beef Stew 2oz w/ 3/4c Carrots/Potatoes (CND) Biscuit/W/W Roll (ADA) Brownie (REG) Pineapple Tidbits (CND/ADA) Orange Juice Beverage	28 Sloppy Joe Corn Casserole Green Beans (FRZ) Hamburger Bun/ W/W Bun (ADA) Fruit Cocktail (CND/ADA/REG) Beverage	29 Macaroni & Cheese-1C w/ Diced Ham 2oz Vegetable Blend (FRZ) Dinner Roll/W/W Roll (ADA) Apple (FRE)(ADA/REG) Orange Juice Beverage		

***Diabetic Diets:**

SF (Sugar Free) Beverage ONLY
 W/W Bread or W/W Dinner Rolls ONLY
 Whole Wheat, buns or hot dog rolls.
 Rice& Stuffing 1/3 Cup
 Fresh fruit or canned fruits are sugar free or packed in its' own juice.
 Margarine with each meal

All Meats at least 2 oz.
 All Juice 6 oz.

2% Milk (1/2 pint) served with each regular meal.
 All vegetables seasoned with margarine or vegetable oil.
 Cooked vegetables and fruits 1/2 c
 Breads or Rolls – 1/Margarine w/Meal