

	Monday	Tuesday	Wednesday	Thursday	Friday
	Dorchester Seniors, Inc. December 2018 MENU Milk is served with every meal				
Dec 3-7	Chicken Parmesan Cabbage Wax Beans Apricots Cup Whole Grain Roll w/ Margarine	Baked Pork Chop Pinto Beans Broccoli Sugar Cookie Whole Grain Roll w/ Margarine	Turkey Over Mashed Potatoes Green Peas Cauliflower Pineapple Tidbits Whole Grain Roll w/ Margarine	Hamburger Steak w/ Onions & Gravy Brown Rice Green Beans Mandarin Oranges Whole Grain Bread w/ Margarine	Chicken Fresco Yellow Squash w/peppers Mustard Greens Pear Strawberry Cup Whole Grain Roll w/ Margarine
Dec 10-14	BBQ Riblet Northern Beans Winter Vegetables Apricot Fruit Cup Whole Grain Bun	Tuna Salad Pickled Beets Pasta Salad Peaches & Strawberries Whole Grain Roll w/ Margarine	Beef Roast w/ Gravy Mashed Red Potatoes Zucchini Tropical Fruit Cup Whole Grain Roll w/ Margarine	Smothered Pork Chop Brown Rice Green Peas Mandarin Oranges Whole Grain Roll w/ Margarine	Spaghetti w/ Meatballs Corn Spinach Pineapple Tidbits Whole Grain Roll w/ Margarine
Dec 17-21	Sauteed Chicken Breast/ Brown Rice Brussel Sprouts Carrots Chocolate Pudding Whole Grain Roll w/Margarine	BBQ Meatballs Blacked-Eyed Peas Corn O'brien Slice Peaches Whole Grain Roll w/Margarine	Garlic Herb Pork Loin Brown Rice Collard Greens Apricots Whole Grain Roll w/Margarine	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Squash Mandarin Oranges Whole Grain Roll w/Margarine	Christmas Meal Roast Beef Au Gratin Potatoes Green Peas Strawberry Shortcake Wheat Roll w/ Margarine
Dec 24-28	CLOSED NO MEALS SERVED OR DELIVERED	CLOSED NO MEALS SERVED OR DELIVERED	Smothered Chicken Lima Beans California Blend Sliced Strawberries Whole Grain Roll w/Margarine	Beef Noodle Casserole Stewed Okra & Tomatoes Spinach Pineapple Tidbits Whole Grain Roll w/Margarine	Italian Baked Chicken Breast Green Peas Squash Tropical Fruit Whole Grain Roll w/Margarine
Dec 31	CLOSED NO MEALS SERVED OR DELIVERED				