

	Monday	Tuesday	Wednesday	Thursday	Friday
	Dorchester Seniors, Inc. January 2019 MENU Milk is served with every meal				
Jan 1-4		<b>CLOSED NO MEALS SERVED OR DELIVERED</b>	Chicken Breast Baby Carrots Brussel Sprouts Applesauce Whole Grain Roll w/ Margarine	Meatloaf Scalloped Potatoes Blacked Eyed Peas Mandarin Oranges Whole Grain Roll w/ Margarine	Garlic Herb Pork Loin Garlic Cubed Potatoes Collard Greens Mixed Fruit Crisp Whole Grain Roll w/ Margarine
Jan 7-11	Tuna Salad on Lettuce Coles Slaw Potato Salad Cherry Gelatin Parfait Whole Grain Roll w/ Margarine	Pot Roast w/Gravy Cheesy Mashed Potatoes Stewed Okra & Tomatoes Peaches and Strawberries Whole Grain Roll w/ Margarine	Smothered Chicken Lima Beans Squash Tropical Fruit Cup Whole Grain Roll w/ Margarine	Beef Noodle Casserole Cauliflower Spinach Strawberry Shortcake Whole Grain Roll w/ Margarine	Italian Baked Chicken Carrots Zucchini Mandarin Oranges Whole Grain Roll w/ Margarine
Jan 14-18	Hamburger Steak Pinto Beans Steamed Broccoli Sugar Cookie Whole Grain Roll w/ Margarine	Chicken Parmesan Yams Green Beans Pears w/Cinnamon Whole Grain Roll w/ Margarine	Turkey Breast w/ Gravy Mashed Potatoes Okra & Tomatoes Fruit Cocktail Whole Grain Roll w/ Margarine	Beef tips w/ Gravy Steamed Rice Cabbage Tropical Fruit Cup Whole Grain Bread w/ Margarine	Chicken Fricassee Yellow Squash Mustard Greens Brownie Whole Grain Roll w/ Margarine
Jan 21-25	<b>CLOSED NO MEALS SERVED OR DELIVERED</b>	Chicken Noodle Casserole Beets Winter Vegetables Apple Crisp Whole Grain Roll w/ Margarine	Beef Roast w/ Gravy Mashed Potatoes Zucchini & Bell Peppers Chocolate Pudding Whole Grain Roll w/ Margarine	Herb Pork Chop Candied Sweet Potatoes Green Peas Mandarin Oranges Whole Grain Roll w/ Margarine	Turkey Sloppy Joe Tomatoes Lima Beans Peach Cobbler Whole Grain Bun
Jan 28-31	Herb Roast Turkey Brown Rice Broccoli Chocolate Pudding Whole Grain Roll w/ Margarine	Meatballs w/gravy Baked yams Squash Tropical Fruit Salad Whole Grain Roll w/ Margarine	Chicken Breast Baby Carrots Brussel Sprouts Applesauce Whole Grain Roll w/ Margarine	Meatloaf Scalloped Potatoes Blacked Eyed Peas Mandarin Oranges Whole Grain Roll w/ Margarin	