

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| | Dorchester Seniors, Inc. March 2019 MENU Milk is served with every meal | | | | |
| Mar. 1 | | | | | Garlic Herb Pork Loin Garlic Cubed Potatoes Collard Greens Mixed Fruit Crisp Whole Grain Roll w/ Margarine |
| Mar. 4-8 | 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 |
| Mar. 11-15 | 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 |
| Mar. 18-22 | Herb Roast Turkey Cauliflower Turnip Greens Banana Pudding Whole Grain Roll w/ Margarine | 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 |
| Mar. 25-29 | 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/ Margarine | Garlic Herb Pork Loin Garlic Cubed Potatoes Collard Greens Mixed Fruit Crisp Whole Grain Roll w/ Margarine |