

Dorchester Seniors, Inc.

March 2020 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Stew with Potatoes & Vegetables Turnip Greens Tropical Fruit Corn Bread	Smothered Chicken Squash Lima Beans Oranges Roll	Pot Roast with Gravy Mashed Potatoes Stewed Okra & Tomatoes Applesauce Roll	Turkey Casserole Spinach Cauliflower Pears Roll	Italian Baked Chicken Cheesy Broccoli Carrots Mandarin Oranges Roll
9	10	11	12	13
Hamburger Steak Pinto Beans Broccoli Fruit Cocktail Roll	Parmesan Chicken Yams Green Beans Pears with Cinnamon Roll	Turkey with Gravy Okra & Tomatoes Mashed Potatoes Oranges Roll	Beef Tips with Gravy Rice Cabbage Tropical Fruit Roll	Chicken Fricassee Squash Mustard Greens Peaches Roll
16	17	18	19	20
Fish Cauliflower Lima Beans Banana Pudding Roll	Chicken Noodle Casserole Beets Mixed Veggies Applesauce Roll	Beef Roast with Gravy Mashed Potatoes Zucchini with Red Peppers Pineapple Roll	Italian Herb Pork Chop Sweet Potatoes Herb Peas Mandarin Oranges Roll	Turkey Sloppy Joe Potato Wedges Turnip Greens Cranapple Crisp Roll
23	24	25	26	27
Herb Roast Turkey Brown Rice Broccoli Chocolate Pudding Roll	Meatloaf Black Eye Peas Scalloped Potatoes Mandarin Oranges Roll	Sautéed Chicken Brussel Sprouts Carrots Applesauce Roll	Meatballs with Gravy Baked Yams Squash Tropical Fruit Roll	Garlic Herb Pork Loin Mashed Potatoes Collard Greens Mixed Fruit Crisp Roll
30	31			
Beef Stew with Potatoes & Vegetables Turnip Greens Tropical Fruit Corn Bread	Smothered Chicken Squash Lima Beans Oranges Roll			1% Milk Served Daily with Lunch 