

Dorchester Seniors, Inc.

July 2020 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2% Milk Served Daily with Lunch</p> 		<p>1 BBQ Pork Sandwich on Whole Wheat Bun Baked Beans Cole Slaw Diced Peaches Roll</p>	<p>2 Baked Pasta w/ Meat Sauce Yellow Squash Green Beans</p>	<p>3</p>  <p>CLOSED</p>
<p>6 Country Fried Steak w/ Country Gravy Mashed Potatoes Collard Greens Tropical Fruit Cup Corn Bread</p>	<p>7 Herb Roasted Chicken Cauliflower Lima Beans Sliced Pears Roll</p>	<p>8 Roast Beef w/ Beef Gravy Buttered Corn Broccoli Cake Roll</p>	<p>9 Pork Chop w/Brown Gravy Seasoned Beets Brown Rice Applesauce Biscuit</p>	<p>10 Fish Sandwich on Whole Wheat Bun Potato Wedges Green Peas Strawberries w/ Whipped</p>
<p>13 Roast Turkey w/ Turkey Gravy Herb Stuffing Sunshine Carrots Mandarin Oranges Roll</p>	<p>14 Beef & Broccoli Stir Fry Fried Brown Rice Green Beans Cookie Roll</p>	<p>15 Oven Fried Chicken Breast Sweet Potatoes Sautéed Spinach Fresh Fruit Corn Bread</p>	<p>16 Ravioli w/ Meat Sauce Squash Green Beans Applesauce Roll</p>	<p>17 Dijon Honey Chicken Stewed Tomatoes Collard Greens Pineapple Tidbits Roll</p>
<p>20 Herb Fish Filet Succotash Rice Tropical Fruit Cup Roll</p>	<p>21 Savory Chicken Cauliflower Turnip Greens Pudding Roll</p>	<p>22 Cheeseburger on Wheat Bun Lettuce / Tomato Warm Potato Salad Green Peas Apricots</p>	<p>23 Rosemary Chicken Butter Beans Okra w/Tomato Applesauce Cornbread</p>	<p>24 Meatloaf w/ Brown Gravy Mashed Potatoes Zucchini w/ Peppers Mandarin Oranges Roll</p>
<p>27 Chopped Steak w/ Mushroom Gravy Steamed Carrots Brussel Sprouts Fruit Cocktail Roll</p>	<p>28 Southwest Chicken Warm Black Bean & Corn Salad Collard Greens Diced Pears Roll</p>	<p>29 BBQ Pork Sandwich on Whole Wheat Bun Baked Beans Cole Slaw Diced Peaches Roll</p>	<p>30 Baked Pasta w/ Meat Sauce Yellow Squash Green Beans</p>	<p>31 Cranberry Turkey Breast Black Eyed Peas Mixed Vegetables Mandarin Oranges Roll</p>