

Dorchester Seniors, Inc.

August 2020 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Country Fried Steak w/ Country Gravy Mashed Potatoes Collard Greens Tropical Fruit Cup Corn Bread	4 Herb Roasted Chicken Cauliflower Lima Beans Sliced Pears Roll	5 Roast Beef w/ Beef Gravy Buttered Corn Broccoli Cake Roll	6 Pork Chop w/Brown Gravy Seasoned Beets Brown Rice Applesauce Biscuit	7 Fish Sandwich on Whole Wheat Bun Potato Wedges Green Peas Strawberries w/ Whipped
10 Roast Turkey w/ Turkey Gravy Herb Stuffing Sunshine Carrots Mandarin Oranges Roll	11 Beef & Broccoli Stir Fry Fried Brown Rice Green Beans Cookie Roll	12 Oven Fried Chicken Breast Sweet Potatoes Sauteed Spinach Fresh Fruit Corn Bread	13 Ravioli w/ Meat Sauce Squash Green Beans Applesauce Roll	14 Dijon Honey Chicken Stewed Tomatoes Collard Greens Pineapple Tidbits Roll
17 Herb Fish Filet Succotash Rice Tropical Fruit Cup Roll	18 Savory Chicken Cauliflower Turnip Greens Pudding Roll	19 Cheeseburger on Wheat Bun Lettuce / Tomato Warm Potato Salad Green Peas Apricots	20 Rosemary Chicken Butter Beans Okra w/Tomato Applesauce Cornbread	21 Meatloaf w/ Brown Gravy Mashed Potatoes Zucchini w/ Peppers Mandarin Oranges Roll
24 Chopped Steak w/ Mushroom Gravy Steamed Carrots Brussel Sprouts Fruit Cocktail Roll	25 Southwest Chicken Warm Black Bean & Corn Salad Collard Greens Diced Pears Roll	26 BBQ Pork Sandwich on Whole Wheat Bun Baked Beans Cole Slaw Diced Peaches Roll	27 Baked Pasta w/ Meat Sauce Yellow Squash Green Beans Fresh Fruit	28 Cranberry Turkey Breast Black Eyed Peas Mixed Vegetables Mandarin Oranges Roll
31 Country Fried Steak w/ Country Gravy Mashed Potatoes Collard Greens Tropical Fruit Cup Corn Bread	Sept 1 Herb Roasted Chicken Cauliflower Lima Beans Sliced Pears Roll	Sept 2 Roast Beef w/ Beef Gravy Buttered Corn Broccoli Cake Roll	Sept 3 Pork Chop w/Brown Gravy Seasoned Beets Brown Rice Applesauce Biscuit	2% Milk Served Daily with Lunch 