

Dorchester Seniors, Inc.

September 2020 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Country Fried Steak w/ Country Gravy Mashed Potatoes Collard Greens Tropical Fruit Cup Corn Bread	1 Herb Roasted Chicken Cauliflower Lima Beans Sliced Pears Roll	2 Roast Beef w/ Beef Gravy Buttered Corn Broccoli Cake Roll	3 Pork Chop w/Brown Gravy Seasoned Beets Brown Rice Applesauce Biscuit	4 Fish Sandwich on Whole Wheat Bun Potato Wedges Green Peas Strawberries w/ Whipped
7 LABOR DAY CLOSED	8 Beef & Broccoli Stir Fry Fried Brown Rice Green Beans Cookie Roll	9 Oven Fried Chicken Breast Sweet Potatoes Sautéed Spinach Fresh Fruit Corn Bread	10 Ravioli w/ Meat Sauce Squash 3 Bean Medley Applesauce Roll	11 Dijon Honey Chicken Stewed Tomatoes Collard Greens Pineapple Tidbits Roll
14 Herb Fish Filet Succotash Rice Tropical Fruit Cup Roll	15 Savory Chicken Cauliflower Turnip Greens Pudding Roll	16 Cheeseburger on Wheat Bun Lettuce / Tomato Warm Potato Salad Green Peas Apricots	17 Rosemary Chicken Butter Beans Okra w/Tomato Applesauce Cornbread	18 Meatloaf w/ Brown Gravy Mashed Potatoes Zucchini w/ Peppers Mandarin Oranges Roll
21 Chopped Steak w/ Mushroom Gravy Steamed Carrots Brussel Sprouts Fruit Cocktail Roll	22 Southwest Chicken Warm Black Bean & Corn Salad Collard Greens Diced Pears Roll	23 BBQ Pork Sandwich on Whole Wheat Bun Baked Beans Cole Slaw Diced Peaches	24 Baked Pasta w/ Meat Sauce Yellow Squash Green Beans Fresh Fruit	25 Cranberry Turkey Breast Black Eyed Peas Mixed Vegetables Mandarin Oranges Roll
28 Country Fried Steak w/ Country Gravy Mashed Potatoes Collard Greens Tropical Fruit Cup Corn Bread	29 Herb Roasted Chicken Cauliflower Lima Beans Sliced Pears Roll	30 Ground Beef w/ Beef Gravy Buttered Corn Broccoli Cake Roll		2% Milk Served Daily with Lunch 