

**DORCHESTER SENIORS, INC.**  
**LUNCH MENU**  
**AUGUST 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Country Fried Steak Mashed Potatoes & Gravy Tropical Fruit Cup Cornbread	Five Herb Roasted Chicken Parslied Cauliflower Buttered Lima Beans Sliced Pears Fig Bar	Beef Stew with Potatoes & Vegetables Steamed Rice Buttered Broccoli Fresh Fruit Cake	Smothered Chicken & Gravy Mashed Potatoes Corn Applesauce Fig Bar Biscuit	Grilled Chicken Sandwich Baked Potato Wedges Herbed Green Peas Fresh Fruit Brownie
8	9	10	11	12
Roast Turkey & Gravy Mashed Potatoes Sunshine Carrots Mandarin Oranges Fig Bar Bread or Roll	Beef & Broccoli Stir-fry Brown Rice Green beans Cookie Bread or Roll	Kielbasa Sausage Sauteed Peppers & Onions Mixed Vegetables Fresh Fruit Bread or Roll	Chicken Salad on Bun Carrot Sticks Cole Slaw Apple Sauce Fig Bar	Honey Dijon Chicken Breast Buttered Lima Beans Collard Greens Pineapple Tidbits Fig Bar Bread or Roll
15	16	17	18	19
Herbed Fish Filet Brown Rice Succotash Fresh Fruit Fig Bar	Savory Chicken Cauliflower Florets Turnip Greens Pudding Bread or Roll	Cheeseburger Tomato & Lettuce Tater Tots Seasoned Green Peas Apricots	Rosemary Roasted Chicken Butter Beans Okra & Tomatoes Applesauce Cornbread	Meatloaf Mashed Potatoes Broccoli Florets Mandarin Oranges Bread or Roll
22	23	24	25	26
Chopped Steak & Mushroom Gravy Brown Rice Steamed Carrots Green Beans Pineapple Tidbits	Southwest Chicken Black Beans & Corn Collard Greens Diced Pears Fig Bar	BBQ Chicken Baked Beans Cole Slaw Diced Peaches Bread or Roll	Baked Pasta with Meat Sauce Seasoned Squash Green Beans Fresh Fruit Bread or Roll	Shrimp & Grits Stewed Okra & Tomatoes Mandarin Oranges Fig Bar Bread or Roll
29	30	31		
Country Fried Steak Mashed Potatoes & Gravy Tropical Fruit Cup Cornbread	Five Herb Roasted Chicken Parslied Cauliflower Buttered Lima Beans Sliced Pears Fig Bar	Beef Stew with Potatoes & Vegetables Steamed Rice Buttered Broccoli Fresh Fruit Cake		Milk Served Daily with Lunch  