

DORCHESTER SENIORS, INC.
LUNCH MENU
JULY 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| <p>Milk Served Daily with Lunch</p>  | | | | <p>1</p> <p>Shrimp & Grits Stewed Okra & Tomatoes Mandarin Oranges Fig Bar Bread or Roll</p> |
| <p>4</p> <p>CLOSED</p>  | <p>5</p> <p>Five Herb Roasted Chicken Parslied Cauliflower Buttered Lima Beans Sliced Pears Fig Bar</p> | <p>6</p> <p>Beef Stew with Potatoes & Vegetables Steamed Rice Buttered Broccoli Fresh Fruit Cake</p> | <p>7</p> <p>Smothered Chicken & Gravy Mashed Potatoes Corn Applesauce Fig Bar Biscuit</p> | <p>8</p> <p>Grilled Chicken Sandwich Baked Potato Wedges Herbed Green Peas Fresh Fruit Brownie</p> |
| <p>11</p> <p>Roast Turkey & Gravy Mashed Potatoes Sunshine Carrots Mandarin Oranges Fig Bar Bread or Roll</p> | <p>12</p> <p>Beef & Broccoli Stir-fry Brown Rice Green beans Cookie Bread or Roll</p> | <p>13</p> <p>Kielbasa Sausage Sauteed Peppers & Onions Mixed Vegetables Fresh Fruit Bread or Roll</p> | <p>14</p> <p>Chicken Salad on Bun Carrot Sticks Cole Slaw Apple Sauce Fig Bar</p> | <p>15</p> <p>Honey Dijon Chicken Breast Buttered Lima Beans Collard Greens Pineapple Tidbits Fig Bar Bread or Roll</p> |
| <p>18</p> <p>Herbed Fish Filet Brown Rice Succotash Fresh Fruit Fig Bar</p> | <p>19</p> <p>Savory Chicken Cauliflower Florets Turnip Greens Pudding Bread or Roll</p> | <p>20</p> <p>Cheeseburger Tomato & Lettuce Tater Tots Seasoned Green Peas Apricots</p> | <p>21</p> <p>Rosemary Roasted Chicken Butter Beans Okra & Tomatoes Applesauce Cornbread</p> | <p>22</p> <p>Meatloaf Mashed Potatoes Broccoli Florets Mandarin Oranges Bread or Roll</p> |
| <p>25</p> <p>Chopped Steak & Mushroom Gravy Brown Rice Steamed Carrots Green Beans Pineapple Tidbits</p> | <p>26</p> <p>Southwest Chicken Black Beans & Corn Collard Greens Diced Pears Fig Bar</p> | <p>27</p> <p>BBQ Chicken Baked Beans Cole Slaw Diced Peaches Bread or Roll</p> | <p>28</p> <p>Baked Pasta with Meat Sauce Seasoned Squash Green Beans Fresh Fruit Bread or Roll</p> | <p>29</p> <p>Shrimp & Grits Stewed Okra & Tomatoes Mandarin Oranges Fig Bar Bread or Roll</p> |