

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Served Daily with Lunch</p> 			<p>1</p> <p>Smothered Chicken &amp; Gravy Mashed Potatoes Corn Applesauce Fig Bar Biscuit</p>	<p>2</p> <p>Grilled Chicken Sandwich Baked Potato Wedges Herbed Green Peas Fresh Fruit Brownie</p>
<p>5</p> <p><b>CLOSED</b></p> 	<p>6</p> <p>Beef &amp; Broccoli Stir-fry Brown Rice Green beans Cookie Bread or Roll</p>	<p>7</p> <p>Kielbasa Sausage Sauteed Peppers &amp; Onions Mixed Vegetables Fresh Fruit Bread or Roll</p>	<p>8</p> <p>Chicken Salad on Bun Carrot Sticks Cole Slaw Apple Sauce Fig Bar</p>	<p>9</p> <p>Honey Dijon Chicken Breast Buttered Lima Beans Collard Greens Pineapple Tidbits Fig Bar Bread or Roll</p>
<p>12</p> <p>Herbed Fish Filet Brown Rice Succotash Fresh Fruit Fig Bar</p>	<p>13</p> <p>Savory Chicken Cauliflower Florets Turnip Greens Pudding Bread or Roll</p>	<p>14</p> <p>Cheeseburger Tomato &amp; Lettuce Tater Tots Seasoned Green Peas Apricots</p>	<p>15</p> <p>Rosemary Roasted Chicken Butter Beans Okra &amp; Tomatoes Applesauce Cornbread</p>	<p>16</p> <p>Meatloaf Mashed Potatoes Broccoli Florets Mandarin Oranges Bread or Roll</p>
<p>19</p> <p>Chopped Steak &amp; Mushroom Gravy Brown Rice Steamed Carrots Green Beans Pineapple Tidbits</p>	<p>20</p> <p>Southwest Chicken Black Beans &amp; Corn Collard Greens Diced Pears Fig Bar</p>	<p>21</p> <p>BBQ Chicken Baked Beans Cole Slaw Diced Peaches Bread or Roll</p>	<p>22</p> <p>Baked Pasta with Meat Sauce Seasoned Squash Green Beans Fresh Fruit Bread or Roll</p>	<p>23</p> <p>Shrimp &amp; Grits Stewed Okra &amp; Tomatoes Mandarin Oranges Fig Bar Bread or Roll</p>
<p>26</p> <p>Country Fried Steak Mashed Potatoes &amp; Gravy Tropical Fruit Cup Cornbread</p>	<p>27</p> <p>Five Herb Roasted Chicken Parslied Cauliflower Buttered Lima Beans Sliced Pears Fig Bar</p>	<p>28</p> <p>Beef Stew with Potatoes &amp; Vegetables Steamed Rice Buttered Broccoli Fresh Fruit Cake</p>	<p>29</p> <p>Smothered Chicken &amp; Gravy Mashed Potatoes Corn Applesauce Fig Bar Biscuit</p>	<p>30</p> <p>Grilled Chicken Sandwich Baked Potato Wedges Herbed Green Peas Fresh Fruit Brownie</p>