**Dorchester / Talbot Meals**

**March 2024** **Lunch menu include 8oz 1% Milk *(Menu subject to change)***

**Entrees provide 3oz protein in the suggested amount All other portion size 4oz (½ c) servings unless otherwise indicated.**

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| **Week 4 Monday 3/4** | **Tuesday 3/5** | **Wednesday 3/6** | **Thursday 3/7** | **Friday 3/8** | **Saturday 3/9** |
| Spaghetti & Meatballs & Sauce  Green Beans  Diced Pears  Garlic Toast  Juice | Dry Lima Bean Soup (8oz)  Ham & Cheese Sandwich on  W.W. Bread  Mandarin Oranges  Juice | Chicken & Dumplings  Collard Greens  Apricots  W.W. Bread w/ Marg.  Juice | Turkey Burger on Bun  Crinkle Cut Fries  Steam Brussell Sprouts  Tropical Fruit Salad  Juice | BBQ Chicken  Macaroni & Cheese  Wax Beans  Fresh Banana  W.W. Bread w/ Marg.  Juice | Baked Fish  Sweet Potatoes  Steam Zucchini  Pineapples  W.W. Bread w/ Marg.  Juice |
| **Week 1 3/11** | **2/6** | **2/7** | **2/8** | **2/9** | **2/10** |
| Baked Cod Sandwich on Bun  Potato Tots  Steam Broccoli  Applesauce  Juice | Meat Loaf & Gravy  Mashed Potatoes  Peas  Diced Pears  W.W. Bread w/ Marg.  Juice | Cheese Pizza  Small Garden Salad w/ Dressing  Prunes  Juice | Chicken Tomato Pasta Bake  Green Beans  Diced Peaches  W.W. Bread w/ Marg.  Juice | Beef Tips in Gravy  Egg Noodles  Steam Carrots  Mixed Fruit Cup  W.W. Bread w/ Marg.  Juice | Chicken Tenders  Pinto Beans  California Blend Vegetables  Fresh Apple  W.W. Bread w/ Marg.  Juice |
| **Week 2 3/18** | **3/19** | **3/20** | **3/21** | **3/22** | **3/23** |
| Ham & Cheese Sandwich on  W.W. Bread  3 Bean Salad  Potato Chips  Apple Crisp  Juice | Oven Fried Chicken  Boil Red Skin Potatoes  Peas & Carrots  Fruit Cocktail  W.W. Bread w/ Marg.  Juice | Hot Turkey Sandwich on  W.W. Bread  Mashed Potatoes  Mixed Vegetables  Mandarin Oranges  Juice | Beef Hot Dog on Bun  Baked Beans  Steam Cauliflower  Fruit Jello (¾ c.)  Juice | Chicken Cordon Bleu  Rice Pilaf  Green Beans  Apple Sauce  W.W. Bread w/ Marg.  Juice | Beef Stew w/ Potatoes  Steam Broccoli  Raisin Box  Buttermilk Biscuit  Juice |
| **Week 3 3/25** | **3/26** | **3/27** | **3/28** | **3/29** | **3/30** |
| Baked BBQ Pork Chops  Baked Beans  Spinach  Peaches  W.W. Bread w/ Marg.  Juice | Chef Salad w./ Dressing, Low Salt  Ham, Turkey, Tomatoes, Lettuce,  Boiled Egg, Cheese,  Macaroni Salad,  Fruit Jello (¾ c.)  W.W. Crackers (6)  Juice | Beef Shepherd’s Pie w/ Potatoes  Steam Carrots  Pineapples  W.W. Bread w/ Marg.  Juice | Baked Rock Fish  Roasted Garlic Potatoes  Stew Tomatoes  Fruit Cocktail  Corn Bread  Juice | Vegetable Soup (8oz)  Tuna Sandwich on W.W. Bread  Fresh Orange  Juice | Chicken Pattie Sandwich on Bun  Potato Wedges  Peas & Carrots  Fruit Cocktail  Juice |