**Dorchester / Talbot Meals**

**January 2023 Lunch menu include 8oz 1% Milk *(Menu subject to change)***

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| **Week 4 1/2** | **1/3** | **1/4** | **1/5** | **1/6** | **1/7** |
| Spaghetti & Meatballs (3)  Steam Green Beans  Diced Peaches  Garlic Bread  Juice | Baked Chicken  Mashed Potatoes  Buttered Peas  Fruit Jello (¾ c.)  W.W. Bread  Juice | Low Salt Turkey & Swiss Sandwich  On W. W. Bread  Cole Slaw  Baked Potato Chips  Fresh Orange  Juice | Baked Ham Steak  Homestyle Macaroni & Cheese  Steam Broccoli  Cherry Crisp  W.W. Bread w/ Marg.  Juice | Navy Bean Soup (8oz)  Small Garden Salad  Diced Pears  Buttermilk Biscuit w/ Marg.  Juice | Hot Roast Beef  Mashed Potatoes  Mixed Vegetables  Raisin Box  W.W. Bread w/ Marg.  Juice |
| **Week 1 1/9** | **1/10** | **1/11** | **1/12** | **1/13** | **1/14** |
| Cheeseburger on Bun  Oven Waffle French Fries  Wax Beans  Mandarin Oranges  Juice | Oven Fried Chicken  Country Style Boiled Potatoes  Glazed Carrots  Tropical Fruit Salad  W.W. Bread/ Marg.  Juice | Fish Sandwich on Bun w/ Tartar  Sauce  Oven French Fries  Sugar Snap Peas  Diced Pears  Juice | Grilled Chicken Caesar Salad w/  Fresh Green, Parm. Cheese, Egg  Croutons, Tomato Wedge (3)  Potato Salad  W.W. Crackers (6)  Peaches  Juice | Tuna Salad on W.W. Bread  Lettuce & Tomato Slices  Melon Cup  Juice | BBQ Rib Sandwich on Bun  Sweet Potato Fries  Green Beans  Fresh Banana  Juice |
| **Week 2 1/16** | **1/17** | **1/18** | **1/19** | **1/20** | **1/21** |
| Baked Rock Fish  Stew Tomatoes  Green Lima Beans  Apple Sauce  W.W. Bread w/ Marg.  Juice | Mini Cold Cut Sub on Roll, Low  Salt Ham & Turkey, Lettuce,  Cheese, Tomato  Cole Slaw  Baked Potato Chips  Fruit Cup  Juice | Chicken Cordon Bleu  Rice Pilaf  Mixed Steam Vegetables  Diced Pears  W.W. Bread w/ Marg.  Juice | Savory Meatloaf & Gravy  Mashed Potatoes  Buttered Peas  Apricots  W.W. Bread w/ Marg.  Juice | Baked Pork Chop w/ Mushroom  Gravy  Steamed Rice  Collard Greens  Apple Sauce  W.W. Bread w/ Marg.  Juice | Turkey Burger w/ Lite Gravy  Pinto Beans  Steam Cauliflower  Fresh Apple  W.W. Bread w/ Marg.  Juice |
| **Week 3 1/23** | **1/24** | **1/25** | **1/26** | **1/27** | **1/28** |
| Lemon Pepper Fish  Au Gratin Potatoes  Vegetable Blend  Pineapple Chunks  W.W. Bread w/ Marg.  Juice | Beef Hot Dog on Bun  Southern Style Baked Beans  Steam Carrots  Fruit cocktail  Juice | Tuna Salad Plate w/ Lettuce &  Tomatoes  Macaroni Salad  Fruit Cup  W. W. Crackers (3)  Juice | Meatball Sub on Mini Roll  Potato Wedges  Steam Broccoli  Diced Peaches  Juice | Baked Chicken Tenders w/  Honey Mustard Sauce  Scallop Potatoes  Peas & Carrots  Fresh Oranges  W.W. Bread w/ Marg.  Juice | Baked Lasagna  California Blend Vegetables  Apple Sauce  Garlic Bread  Juice |

**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 1/30** | **2/1** | **2/2** | **2/3** | **2/4** | **2/5** |
| Spaghetti & Meatballs (3)  Steam Green Beans  Diced Peaches  Garlic Bread  Juice | Baked Chicken  Mashed Potatoes  Buttered Peas  Fruit Jello (¾ c.)  W.W. Bread  Juice | Low Salt Turkey & Swiss Sandwich  On W. W. Bread  Cole Slaw  Baked Potato Chips  Fresh Orange  Juice | Baked Ham Steak  Homestyle Macaroni & Cheese  Steam Broccoli  Cherry Crisp  W.W. Bread w/ Marg.  Juice | Navy Bean Soup (8oz)  Small Garden Salad  Diced Pears  Buttermilk Biscuit w/ Marg.  Juice | Hot Roast Beef  Mashed Potatoes  Mixed Vegetables  Raisin Box  W.W. Bread w/ Marg.  Juice |