




# CONGREGATE MENU - APRIL 2022

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p><b>FUN FACT!</b></p> <p>Did you know that the idea of the <b>Easter bunny</b> delivering candy and eggs originated in Germany during the Middle Ages, with the first written mention of this tradition dating back to the 16th century. Dutch settlers in Pennsylvania brought the bunny to the United States in the 1700s and the rest is delicious history.</p> 
	4	5	6	7	8	
	<b>Lasagna with Turkey (HH)</b> Steamed Carrots Steamed Cauliflower	<b>Baked Chicken Quarters &amp; Yellow Rice</b> Sautéed Spinach	<b>Beef Meatballs with Sofrito</b> <b>Penne Pasta with</b> Garlic Sauce Steamed Broccoli	Curry Chicken Baked Brown Rice Pilaf Steamed Green Beans <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>	Spanish Style Baked Cod & Polenta Kale with Tomato <b>CENTER WILL BE CLOSED</b> ✨ Grab&Go will be available 11AM - 2:30PM	
	11	12	13	14	15	
	<b>Beef and Broccoli Baked Brown Rice Pilaf</b> Normandy Blend	<b>Sweet and Sour Chicken Breasts Chinese Style Spaguetti</b> Roasted Zucchini	<b>Brown Gravy Oven Baked Pork &amp; Baked Sweet Potato</b> Steamed Broccoli	<b>Cranberry Chicken &amp; Brown Rice</b> Baby Carrots with Parsley Corn and Red Peppers	 <b>CENTER and GRAB&amp;GO CLOSED</b>	
	18	19	20	21	22	
	 <b>CENTER AND GRAB&amp;GO CLOSED</b>	<b>Vegetarian Lasagna</b> Sautéed Zucchini Steamed Green Beans	<b>Stewed Chicken Breast &amp; Cous Cous</b> Steamed Cauliflower	<b>Beef Meatballs with Tomato Sauce Barley Lemon Pilaf</b> Steamed Broccoli	<b>Teriyaki Baked Fish</b> Yellow Plantains Steamed Green Beans	
	25	26	27	28	29	
	<b>Chicken Marsala Rice Pilaf</b> Baby Carrots with Parsley	<b>Sweet and Sour Tofu Chinese Style Spaguetti</b> Steamed Broccoli	<b>Orange Chicken with Rosemary</b> Baked Sweet Potato Kale and Lemon	<b>Caribbean Squash with Ground Beef (Stuffed Chayote) Cous Cous</b> Steamed Green Beans	<b>Homemade Coconut Breaded Tilapia</b> Cuban Black Beans Steamed Cauliflower	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).



# HALAL MENU - APRIL 2022

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	<b>Fish with Tomatoes and Herbs</b> <b>Jeera Rice (Cumin Spiced Rice)</b> Kale in Garlic Sauce	<b>Chicken Shawarma (Oven-Roasted)</b> <b>Lentils with Spiced Rice</b> and Caramelized Onions (Majadra) Capri Blend Vegetables	<b>Chickpea Stew &amp; White Rice</b> Green Beans	<b>Beef Meatballs Moroccan Style Sauce &amp; Cous Cous</b> Steamed Carrots <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>	<b>Lemon Chicken</b> California Blend Vegetables Roasted Potatoes <b>CENTER WILL BE CLOSED 🌸</b> <b>Grab&amp;Go will be available 11AM - 2:30PM</b>	<b>Baked Breaded Fish &amp; Homemade Tomato Sauce Pasta</b> Okra with Tomatoes
10	11	12	13	14	15	16
<b>Palak Paneer (Spinach with Indian Cottage Cheese)</b> <b>Kashmir Rice</b> Mixed Vegetables (non-starchy)	<b>Baked White Fish with Garlic Crumb Crust &amp; Cilantro Lime Rice</b> Vegetable Mix (non-starchy)	<b>Moroccan Style Sauce &amp; Turkey Burger Creamy Spinach (Dairy Free)</b> Spiced Sweet Potatoes	<b>Lentil Stew with Carrots and Turnips Rice Pilaf</b> Steamed Green Beans	<b>Keema (Delicately-Spiced Ground Beef)</b> Cauliflower with Potatoes and Tomatoes (Aloo Gobi) Okra	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Baked Falafel Patties &amp; Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon
17	18	19	20	21	22	23
<b>Vegetarian Chili</b> Homemade Mashed Potatoes Roasted Beets	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Chicken Shawarma (Oven-Roasted)</b> <b>Lentils with Spiced Rice</b> and Caramelized Onions (Majadra) Capri Blend Vegetables	<b>Chickpea Stew &amp; White Rice</b> Green Beans	<b>Beef Meatballs Moroccan Style Sauce &amp; Yellow Rice</b> Steamed Carrots	<b>Lemon Chicken</b> California Blend Vegetables Roasted Potatoes	<b>Baked Falafel Patties &amp; Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon
24	25	26	27	28	29	30
<b>Palak Paneer (Spinach with Indian Cottage Cheese)</b> <b>Kashmir Rice</b> Mixed Vegetables (non-starchy)	<b>Baked White Fish with Garlic Crumb Crust &amp; Cilantro Lime Rice</b> Vegetable Mix (non-starchy)	<b>Moroccan Style Sauce &amp; Turkey Burger Creamy Spinach (Dairy Free),</b> Spiced Sweet Potatoes	<b>Lentil Stew with Carrots and Turnips Rice Pilaf</b> Steamed Green Beans	<b>Keema (Delicately-Spiced Ground Beef)</b> Cauliflower with Potatoes and Tomatoes (Aloo Gobi) Okra	<b>Curried Chicken Legs &amp; Cous Cous</b> Capri Blend Vegetables	<b>Baked Falafel Patties &amp; Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).



# KOSHER MENU - APRIL 2022

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1	2
3	4	5	6	7	8	9	
	<b>Teriyaki Glazed Fish &amp; Chow Fun Noodles</b> Oriental Blend Vegetables	<b>Meat Sauce &amp; Pasta</b> Italian Blend Vegetables	<b>Veggie Burger (pre-packaged Kosher) &amp; Brown Rice</b> Kale with Garlic Sauce	<b>Swedish Meatballs with Beef and Turkey</b> Kasha Varnishkes Sautéed Zucchini <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>	<b>Lemon Chicken &amp; Challah Bread</b> Roasted Potatoes Winter Blend Vegetables <b>CENTER WILL BE CLOSED</b>  <b>Grab&amp;Go will be available 11AM - 2:30PM</b>	<b>Baked Breaded Fish Fillets &amp; Creole Sauce Cous Cous</b> Kale in Garlic Sauce	
10	11	12	13	14	15	16	
<b>Stuffed Shells with Cheese</b> Steamed Peas Yellow Squash	<b>Salmon Cakes &amp; Homemade Mashed Potatoes</b> Braised Red Cabagge	<b>Baked Onions Turkey Burger Creamy Spinach (Dairy Free)</b> Spiced Sweet Potatoes	<b>Lentil Stew with Carrots and Turnips Rice Pilaf</b> Steamed Green Beans	<b>Stuffed Cabbage with Beef &amp; Mauzone Toasted Barley with Onions</b> Steamed Carrots	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Baked Falafel Patties Jeera Rice (Cumin Spiced Rice)</b> Kale and Lemon	
17	18	19	20	21	22	23	
<b>Cheese Blintzes</b> Prince Edward Blend Vegetables Roasted Butternut Squash	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Chicken Style Chicken Patty Roasted Beets</b> Smashed Red Potatoes	<b>Black Beans and Mushrooms Vegan Burger Cous Cous Creamy Spinach (Daire-Free)</b>	<b>Italian Meatballs with Beef and Turkey &amp; Pasta</b> Green Beans	<b>Roasted Chicken Challah Bread</b> Carrot Tzimmes Potato Kugel	<b>Baked Fish with Creole Sauce &amp; Egg Noodles</b> Capri Blend Vegetables	
24	25	26	27	28	29	30	
<b>Lasagna Rولاتini</b> Mixed Vegetables (starchy) Sautéed Zucchini	<b>Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf</b> Steamed Broccoli	<b>Turkey Meat Sauce &amp; Pasta</b> Italian Blend Vegetables	<b>Vegan Stuffed Bell Peppers &amp; Cous Cous</b> Steamed Carrots	<b>Beef Meatloaf with Mushroom Gravy Kasha Varmishkes</b> Italian Cut Green Beans	<b>Lemon Chicken &amp; Challah Bread Roasted Potatoes</b> California Blend Vegetables	<b>Sweet and Sour Meatballs Mauzone Toasted Barley and Onion</b> Green Beans	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).



APRIL 2022 - **HOT STANDARD MENU**

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*











SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										1		2	
													
3		4		5		6		7		8		9	
		<b>Lasagna with Turkey (HH)</b> Steamed Carrots Steamed Cauliflower		<b>Baked Chicken Quarters &amp; Yellow Rice</b> Sauteed Spinach		<b>Beef Meatballs with Sofrito</b> <b>Penne Pasta with Garlic Sauce</b> Steamed Broccoli		<b>Curry Chicken</b> <b>Baked Brown Rice Pilaf</b> Steamed Green Beans <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>		<b>Spanish Style Baked Cod &amp; Polenta</b> Kale with Tomato <b>CENTER WILL BE CLOSED</b> 🌸 <b>Grab&amp;Go will be available 11AM - 2:30PM</b>		<b>Sweet and Sour Tofu White Rice Pilaf with Onions, Peas and Carrots</b> Capri Blend Vegetables	
10		11		12		13		14		15		16	
<b>Honey-Apricot Glazed Chicken</b> <b>Garlic and Rosemary Roasted Potatoes</b> Normandy Blend		<b>Beef and Broccoli Baked Brown Rice Pilaf</b> Normandy Blend		<b>Sweet and Sour Chicken Breasts</b> <b>Chinese Style Spaguetti</b> Roasted Zucchini		<b>Brown Gravy Oven Baked Pork &amp; Baked Sweet Potato</b> Steamed Broccoli		<b>Cranberry Chicken &amp; Brown Rice</b> Baby Carrots with Parsley Corn and Red Peppers		 <b>CENTER and GRAB&amp;GO CLOSED</b>		<b>Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf</b> California Blend Vegetables	
17		18		19		20		21		22		23	
<b>Honey Mustard Chicken Breast</b> Beets and Baby Carrots with Dill Smashed Red Potatoes		 <b>CENTER AND GRAB&amp;GO CLOSED</b>		<b>Vegetarian Lasagna</b> Sauteed Zucchini Steamed Green Beans		<b>Stewed Chicken Breast &amp; Cous Cous</b> Steamed Cauliflower		<b>Beef Meatballs with Tomato Sauce</b> <b>Barley Lemon Pilaf</b> Steamed Broccoli		<b>Teriyaki Baked Fish</b> Yellow Plantains Steamed Green Beans		<b>Baked Turkey Breast</b> <b>Brown Gravy</b> <b>Brown Rice</b> California Blend Vegetables	
24		25		26		27		28		29		30	
<b>Alfredo Sauce Cheese Tortellini</b> Capri & Italian Blend Vegetables		<b>Chicken Marsala Rice Pilaf</b> Baby Carrots with Parsley		<b>Sweet and Sour Tofu</b> <b>Chinese Style Spaguetti</b> Steamed Broccoli		<b>Orange Chicken with Rosemary</b> Baked Sweet Potato Kale and Lemon		<b>Caribbean Squash with Ground Beef (Stuffed Chayote)</b> <b>Cous Cous</b> Steamed Green Beans		<b>Homemade Coconut Breaded Tilapia</b> Cuban Black Beans Steamed Cauliflower		<b>Lasagna Rولاتini</b> <b>Tomato Sauce (pre-prepared)</b> California & Prince Edward Blend Vegetables	

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).





**APRIL 2022 - FROZEN STANDARD MENU**  
 \*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
3	4	5	6	7	8	9
	<p><b>Lasagna Rolletes with Homemade Tomato Sauce</b>          Normandy Blend Vegetables          Roasted Brussel Sprouts</p>	<p><b>Brown Gravy Salisbury Steak</b>          Baked Sweet Potato          Roasted Zucchini</p>	<p><b>Sweet and Sour Chicken Breasts with White Rice</b>          Steamed Broccoli</p>	<p><b>Arroz con Pollo / Rice with Chicken</b>          Peas and Pearl Onions          Steamed Carrots  <b>CENTER WILL CLOSE @1:30PM</b>  <b>GRAB&amp;GO WILL CLOSE @2:30PM</b></p>	<p><b>Breaded Pollock Fish Fillet with Yogurt Tartar Sauce</b>          Yellow Plantains          Steamed Green Beans  <b>CENTER WILL BE CLOSED</b> 🌻          Grab&amp;Go will be available 11AM - 2:30PM</p>	<p><b>Veggie Burger Patty (pre-prepared)</b>          Baby Carrots with Parsley          Stewed Okra and Tomatoes</p>
10	11	12	13	14	15	16
<p><b>Veggie Burger Patty (pre-prepared)</b>          Baby Carrots with Parsley          Stewed Okra and Tomatoes</p>	<p><b>Lasagna with Turkey</b>          Steamed Carrots          Steamed Cauliflower</p>	<p><b>Baked Chicken Quarters with Yellow Rice</b>          Sauteed Spinach</p>	<p><b>Beef Meatballs with Sofrito with Penne Pasta</b>          with Garlic Sauce          Steamed Broccoli</p>	<p><b>Curry Chicken with Baked Brown Rice Pilaf</b>          Steamed Green Beans</p>	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<p><b>Sweet and Sour Tofu White Rice Pilaf with Onions, Peas and Carrots</b>          Capri Blend Vegetables</p>
17	18	19	20	21	22	23
<p><b>Honey-Apricot Glazed Chicken</b>  <b>Garlic and Rosemary Roasted Potatoes</b>          Normandy Blend</p>	 <b>CENTER AND GRAB&amp;GO CLOSED</b>	<p><b>Sweet and Sour Chicken Breasts with Chinese Style Spaguetti</b>          Roasted Zucchini</p>	<p><b>Oven Baked Pork Chops with Brown Gravy</b>          Baked Sweet Potato          Steamed Broccoli</p>	<p><b>Cranberry Chicken with Brown Rice</b>          Baby Carrots with Parsley</p>	<p><b>Baked Tilapia with Rustic Tomato Sauce with Baked Brown Rice Pilaf</b>          Steamed Green Beans          Yellow Plantains</p>	<p><b>Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf</b>          California Blend Vegetables</p>
24	25	26	27	28	29	30
<p><b>Honey Mustard Chicken Breast</b>          Beets and Baby Carrots with Dill          Smashed Red Potatoes</p>	<p><b>Chicken Fajitas</b>          Garlic Mashed Potatoes          Baby Carrots with Parsley</p>	<p><b>Vegetarian Lasagna</b>          Sauteed Zucchini          Steamed Green Beans</p>	<p><b>Stewed Chicken Breast with Cous Cous</b>          Steamed Cauliflower</p>	<p><b>Beef Meatballs in Tomato Sauce with Barley Lemon Pilaf</b>          Steamed Broccoli</p>	<p><b>Teriyaki Baked Fish</b>          Yellow Plantains          Steamed Green Beans</p>	<p><b>Baked Turkey Breast Brown Gravy Brown Rice</b>          California Blend Vegetables</p>

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).

APRIL 2022 - **LATIN HOT MENU**

CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
<b>Dominican Moro &amp; Sofrito Steak</b> Steamed Green Beans	<b>Cuban Mojo Sauce &amp; Oven Baked Pork Chops</b> Carrots Yuca with Onions	<b>Stewed Chicken Breast Cilantro Lime Rice</b> Kale and Lemon	<b>Whole Wheat Pasta Primavera with Cheese</b> Roasted Zucchini Steamed Green Beans <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>	<b>Fish with Creole Sauce Cous Cous with Peas and Lemon</b> Steamed Broccoli <b>CENTER WILL BE CLOSED 🌸</b> <b>Grab&amp;Go will be available 11AM - 2:30PM</b>
11	12	13	14	15
<b>Chicken Fajitas</b> Esquites (Mexican Corn) Steamed Green Beans	<b>Turkey Meat Sauce &amp; Pasta</b> Roasted Zucchini Steamed Broccoli	<b>Curry Chicken Cous Cous</b> Steamed Cauliflower	<b>Baked Polenta with Veggie Sauce</b> Italia Blend Vegetables Stewed Beans (Habichuelas Guisadas)	 <b>CENTER and GRAB&amp;GO CLOSED</b>
18	19	20	21	22
 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Penne Rasta Pasta Sauce</b> Kale and Lemon Roasted Broccoli	<b>Chicken Gumbo Cornbread</b> Steamed Green Beans	<b>Curried Veggie, Chickpea and Quinoa Stir Fry</b> Steamed Cauliflower, Broccoli	<b>Homemade Coconut Breaded Fish</b> Cuban Black Beans Roasted Zucchini
25	26	27	28	29
<b>Chana Marsala (Chickpeas) Cous Cous (HH)</b> Italian Blend Vegetables	<b>Jerk Chicken Baked Sweet Potato</b> Prince Edward Blend Vegetables	<b>Brown Gravy Tukey Meatballs</b> Beets and Baby Carrots with Dill Yuca with Onions	<b>Stewed Chicken Breast Esquites (Mexican Corn)</b> Steamed Broccoli	<b>Baked Fish Fillets Salsa Verde</b> <b>Yellow Rice with Pigeon Peas</b> Sauteed Spinach

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).



APRIL 2022 - **LATIN FROZEN MENU**

\*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	<b>Arroz con Pollo Chickn Breast and Rice</b> Roasted Zucchini Steamed Green Beans	<b>Beef Picadillo</b> Steamed Cauliflower Yellow Plantains	<b>Baked Asian Style Honey Chicken Brown Rice and Black Beans</b> Steamed Broccoli	<b>Homemade Tomato Sauce &amp; Lasagna Rولاتيني</b> Broccoli and Red Peppers Steamed Green Beans <b>CENTER WILL CLOSE @1:30PM</b> <b>GRAB&amp;GO WILL CLOSE @2:30PM</b>	<b>Breaded Fish Fillet (pre-prepared) Carrots</b> Cuban Black Beans <b>CENTER WILL BE CLOSED</b>  <b>Grab&amp;Go will be available 11AM - 2:30PM</b>	<b>Three Bean Chili with Cheddar Cheese Cornbread</b> Italian Blend Vegetables
10	11	12	13	14	15	16
<b>Spanish Style Baked Chicken</b> <b>Spanish Rice and Beans</b> California Blend Vegetables	<b>Dominican Moro &amp; Sofrito Steak</b> Steamed Green Beans	<b>Cuban Mojo Sauce &amp; Oven Baked Pork Chops Carrots</b> Yuca with Onions	<b>Stewed Chicken Breast Cilantro Lime Rice</b> Kale and Lemon	<b>Whole Wheat Pasta Primavera with Cheese</b> Roasted Zucchini Steamed Green Beans	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>BBQ Chicken Breasts</b> California Blend Vegetables Cuban Black Beans
17	18	19	20	21	22	23
<b>Chickpea Stew &amp; Farro</b> Capri Blend Vegetables	 <b>CENTER and GRAB&amp;GO CLOSED</b>	<b>Turkey Meat Sauce &amp; Pasta</b> Roasted Zucchini Steamed Broccoli	<b>Curry Chicken Cous Cous</b> Steamed Cauliflower	<b>Baked Polenta with Veggie Sauce</b> Italia Blend Vegetables Stewed Beans (Habichuelas Guisadas)	<b>Baked Fish Fillets Cuban Mojo Sauce Cuban Style Brown Rice</b> Sauteed Spinach	<b>Stewed Chicken Breast</b> Steamed Green Beans Yellow Plantains
24	25	26	27	28	29	30
<b>Beef Meatballs with Sofrito &amp; Mexican Confetti Rice</b> Oriental Blend Vegetables	<b>Sweet and Sour Tofu Rice Pilaf</b> Oriental Blend	<b>Penne Rasta Pasta Sauce</b> Kale and Lemon Roasted Broccoli	<b>Chicken Gumbo Cornbread</b> Steamed Green Beans	<b>Curried Veggie, Chickpea and Quinoa Stir Fry</b> Steamed Cauliflower, Broccoli	<b>Homemade Coconut Breaded Fish</b> Cuban Black Beans Roasted Zucchini	<b>Black Bean and Sweet Potato Chili Brown Rice</b> Capri Blend Vegetables
All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).						