



CONGREGATE MENU - APRIL 2022

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






SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>FUN FACT!</p> <p>Did you know that the idea of the Easter bunny 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	
	Lasagna with Turkey (HH) Steamed Carrots Steamed Cauliflower	Baked Chicken Quarters & Yellow Rice Sautéed Spinach	Beef Meatballs with Sofrito Penne Pasta with Garlic Sauce Steamed Broccoli	Curry Chicken Baked Brown Rice Pilaf Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Spanish Style Baked Cod & Polenta Kale with Tomato CENTER WILL BE CLOSED ✨ Grab&Go will be available 11AM - 2:30PM	
	11	12	13	14	15	
	Beef and Broccoli Baked Brown Rice Pilaf Normandy Blend	Sweet and Sour Chicken Breasts Chinese Style Spaguetti Roasted Zucchini	Brown Gravy Oven Baked Pork & Baked Sweet Potato Steamed Broccoli	Cranberry Chicken & Brown Rice Baby Carrots with Parsley Corn and Red Peppers	 CENTER and GRAB&GO CLOSED	
	18	19	20	21	22	
	 CENTER AND GRAB&GO CLOSED	Vegetarian Lasagna Sautéed Zucchini Steamed Green Beans	Stewed Chicken Breast & Cous Cous Steamed Cauliflower	Beef Meatballs with Tomato Sauce Barley Lemon Pilaf Steamed Broccoli	Teriyaki Baked Fish Yellow Plantains Steamed Green Beans	
	25	26	27	28	29	
	Chicken Marsala Rice Pilaf Baby Carrots with Parsley	Sweet and Sour Tofu Chinese Style Spaguetti Steamed Broccoli	Orange Chicken with Rosemary Baked Sweet Potato Kale and Lemon	Caribbean Squash with Ground Beef (Stuffed Chayote) Cous Cous Steamed Green Beans	Homemade Coconut Breaded Tilapia 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
	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce	Chicken Shawarma (Oven-Roasted) Lentils with Spiced Rice and Caramelized Onions (Majadra) Capri Blend Vegetables	Chickpea Stew & White Rice Green Beans	Beef Meatballs Moroccan Style Sauce & Cous Cous Steamed Carrots CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Lemon Chicken California Blend Vegetables Roasted Potatoes CENTER WILL BE CLOSED 🌸 Grab&Go will be available 11AM - 2:30PM	Baked Breaded Fish & Homemade Tomato Sauce Pasta Okra with Tomatoes
10	11	12	13	14	15	16
Palak Paneer (Spinach with Indian Cottage Cheese) Kashmir Rice Mixed Vegetables (non-starchy)	Baked White Fish with Garlic Crumb Crust & Cilantro Lime Rice Vegetable Mix (non-starchy)	Moroccan Style Sauce & Turkey Burger Creamy Spinach (Dairy Free) Spiced Sweet Potatoes	Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans	Keema (Delicately-Spiced Ground Beef) Cauliflower with Potatoes and Tomatoes (Aloo Gobi) Okra	 CENTER and GRAB&GO CLOSED	Baked Falafel Patties & Jeera Rice (Cumin Spiced Rice) Kale and Lemon
17	18	19	20	21	22	23
Vegetarian Chili Homemade Mashed Potatoes Roasted Beets	 CENTER and GRAB&GO CLOSED	Chicken Shawarma (Oven-Roasted) Lentils with Spiced Rice and Caramelized Onions (Majadra) Capri Blend Vegetables	Chickpea Stew & White Rice Green Beans	Beef Meatballs Moroccan Style Sauce & Yellow Rice Steamed Carrots	Lemon Chicken California Blend Vegetables Roasted Potatoes	Baked Falafel Patties & Jeera Rice (Cumin Spiced Rice) Kale and Lemon
24	25	26	27	28	29	30
Palak Paneer (Spinach with Indian Cottage Cheese) Kashmir Rice Mixed Vegetables (non-starchy)	Baked White Fish with Garlic Crumb Crust & Cilantro Lime Rice Vegetable Mix (non-starchy)	Moroccan Style Sauce & Turkey Burger Creamy Spinach (Dairy Free), Spiced Sweet Potatoes	Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans	Keema (Delicately-Spiced Ground Beef) Cauliflower with Potatoes and Tomatoes (Aloo Gobi) Okra	Curried Chicken Legs & Cous Cous Capri Blend Vegetables	Baked Falafel Patties & Jeera Rice (Cumin Spiced Rice) 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	
	Teriyaki Glazed Fish & Chow Fun Noodles Oriental Blend Vegetables	Meat Sauce & Pasta Italian Blend Vegetables	Veggie Burger (pre-packaged Kosher) & Brown Rice Kale with Garlic Sauce	Swedish Meatballs with Beef and Turkey Kasha Varnishkes Sautéed Zucchini CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Lemon Chicken & Challah Bread Roasted Potatoes Winter Blend Vegetables CENTER WILL BE CLOSED  Grab&Go will be available 11AM - 2:30PM	Baked Breaded Fish Fillets & Creole Sauce Cous Cous Kale in Garlic Sauce	
10	11	12	13	14	15	16	
Stuffed Shells with Cheese Steamed Peas Yellow Squash	Salmon Cakes & Homemade Mashed Potatoes Braised Red Cabagge	Baked Onions Turkey Burger Creamy Spinach (Dairy Free) Spiced Sweet Potatoes	Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans	Stuffed Cabbage with Beef & Mauzone Toasted Barley with Onions Steamed Carrots	 CENTER and GRAB&GO CLOSED	Baked Falafel Patties Jeera Rice (Cumin Spiced Rice) Kale and Lemon	
17	18	19	20	21	22	23	
Cheese Blintzes Prince Edward Blend Vegetables Roasted Butternut Squash	 CENTER and GRAB&GO CLOSED	Chicken Style Chicken Patty Roasted Beets Smashed Red Potatoes	Black Beans and Mushrooms Vegan Burger Cous Cous Creamy Spinach (Daire-Free)	Italian Meatballs with Beef and Turkey & Pasta Green Beans	Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel	Baked Fish with Creole Sauce & Egg Noodles Capri Blend Vegetables	
24	25	26	27	28	29	30	
Lasagna Rolatini Mixed Vegetables (starchy) Sautéed Zucchini	Baked Breaded Fish Fillets with Dill Lemon Sauce Rice Pilaf Steamed Broccoli	Turkey Meat Sauce & Pasta Italian Blend Vegetables	Vegan Stuffed Bell Peppers & Cous Cous Steamed Carrots	Beef Meatloaf with Mushroom Gravy Kasha Varmishkes Italian Cut Green Beans	Lemon Chicken & Challah Bread Roasted Potatoes California Blend Vegetables	Sweet and Sour Meatballs Mauzone Toasted Barley and Onion 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	
		Lasagna with Turkey (HH) Steamed Carrots Steamed Cauliflower		Baked Chicken Quarters & Yellow Rice Sauteed Spinach		Beef Meatballs with Sofrito Penne Pasta with Garlic Sauce Steamed Broccoli		Curry Chicken Baked Brown Rice Pilaf Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM		Spanish Style Baked Cod & Polenta Kale with Tomato CENTER WILL BE CLOSED 🌸 Grab&Go will be available 11AM - 2:30PM		Sweet and Sour Tofu White Rice Pilaf with Onions, Peas and Carrots Capri Blend Vegetables	
10		11		12		13		14		15		16	
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend		Beef and Broccoli Baked Brown Rice Pilaf Normandy Blend		Sweet and Sour Chicken Breasts Chinese Style Spaguetti Roasted Zucchini		Brown Gravy Oven Baked Pork & Baked Sweet Potato Steamed Broccoli		Cranberry Chicken & Brown Rice Baby Carrots with Parsley Corn and Red Peppers		 CENTER and GRAB&GO CLOSED		Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf California Blend Vegetables	
17		18		19		20		21		22		23	
Honey Mustard Chicken Breast Beets and Baby Carrots with Dill Smashed Red Potatoes		 CENTER AND GRAB&GO CLOSED		Vegetarian Lasagna Sauteed Zucchini Steamed Green Beans		Stewed Chicken Breast & Cous Cous Steamed Cauliflower		Beef Meatballs with Tomato Sauce Barley Lemon Pilaf Steamed Broccoli		Teriyaki Baked Fish Yellow Plantains Steamed Green Beans		Baked Turkey Breast Brown Gravy Brown Rice California Blend Vegetables	
24		25		26		27		28		29		30	
Alfredo Sauce Cheese Tortellini Capri & Italian Blend Vegetables		Chicken Marsala Rice Pilaf Baby Carrots with Parsley		Sweet and Sour Tofu Chinese Style Spaguetti Steamed Broccoli		Orange Chicken with Rosemary Baked Sweet Potato Kale and Lemon		Caribbean Squash with Ground Beef (Stuffed Chayote) Cous Cous Steamed Green Beans		Homemade Coconut Breaded Tilapia Cuban Black Beans Steamed Cauliflower		Lasagna Rولاتini Tomato Sauce (pre-prepared) 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
	Lasagna Rolletes with Homemade Tomato Sauce Normandy Blend Vegetables Roasted Brussel Sprouts	Brown Gravy Salisbury Steak Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breasts with White Rice Steamed Broccoli	Arroz con Pollo / Rice with Chicken Peas and Pearl Onions Steamed Carrots CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Breaded Pollock Fish Fillet with Yogurt Tartar Sauce Yellow Plantains Steamed Green Beans CENTER WILL BE CLOSED 🌸 Grab&Go will be available 11AM - 2:30PM	Veggie Burger Patty (pre-prepared) Baby Carrots with Parsley Stewed Okra and Tomatoes
10	11	12	13	14	15	16
Veggie Burger Patty (pre-prepared) Baby Carrots with Parsley Stewed Okra and Tomatoes	Lasagna with Turkey Steamed Carrots Steamed Cauliflower	Baked Chicken Quarters with Yellow Rice Sauteed Spinach	Beef Meatballs with Sofrito with Penne Pasta with Garlic Sauce Steamed Broccoli	Curry Chicken with Baked Brown Rice Pilaf Steamed Green Beans	 CENTER and GRAB&GO CLOSED	Sweet and Sour Tofu White Rice Pilaf with Onions, Peas and Carrots Capri Blend Vegetables
17	18	19	20	21	22	23
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	 CENTER AND GRAB&GO CLOSED	Sweet and Sour Chicken Breasts with Chinese Style Spaguetti Roasted Zucchini	Oven Baked Pork Chops with Brown Gravy Baked Sweet Potato Steamed Broccoli	Cranberry Chicken with Brown Rice Baby Carrots with Parsley	Baked Tilapia with Rustic Tomato Sauce with Baked Brown Rice Pilaf Steamed Green Beans Yellow Plantains	Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf California Blend Vegetables
24	25	26	27	28	29	30
Honey Mustard Chicken Breast Beets and Baby Carrots with Dill Smashed Red Potatoes	Chicken Fajitas Garlic Mashed Potatoes Baby Carrots with Parsley	Vegetarian Lasagna Sauteed Zucchini Steamed Green Beans	Stewed Chicken Breast with Cous Cous Steamed Cauliflower	Beef Meatballs in Tomato Sauce with Barley Lemon Pilaf Steamed Broccoli	Teriyaki Baked Fish Yellow Plantains Steamed Green Beans	Baked Turkey Breast Brown Gravy Brown Rice California 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 - **LATIN HOT MENU**

CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS***







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
Dominican Moro & Sofrito Steak Steamed Green Beans	Cuban Mojo Sauce & Oven Baked Pork Chops Carrots Yuca with Onions	Stewed Chicken Breast Cilantro Lime Rice Kale and Lemon	Whole Wheat Pasta Primavera with Cheese Roasted Zucchini Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Fish with Creole Sauce Cous Cous with Peas and Lemon Steamed Broccoli CENTER WILL BE CLOSED 🌸 Grab&Go will be available 11AM - 2:30PM
11	12	13	14	15
Chicken Fajitas Esquites (Mexican Corn) Steamed Green Beans	Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Broccoli	Curry Chicken Cous Cous Steamed Cauliflower	Baked Polenta with Veggie Sauce Italia Blend Vegetables Stewed Beans (Habichuelas Guisadas)	 CENTER and GRAB&GO CLOSED
18	19	20	21	22
 CENTER and GRAB&GO CLOSED	Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli	Chicken Gumbo Cornbread Steamed Green Beans	Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli	Homemade Coconut Breaded Fish Cuban Black Beans Roasted Zucchini
25	26	27	28	29
Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables	Jerk Chicken Baked Sweet Potato Prince Edward Blend Vegetables	Brown Gravy Tukey Meatballs Beets and Baby Carrots with Dill Yuca with Onions	Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli	Baked Fish Fillets Salsa Verde Yellow Rice with Pigeon Peas 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
	Arroz con Pollo Chickn Breast and Rice Roasted Zucchini Steamed Green Beans	Beef Picadillo Steamed Cauliflower Yellow Plantains	Baked Asian Style Honey Chicken Brown Rice and Black Beans Steamed Broccoli	Homemade Tomato Sauce & Lasagna Rولاتini Broccoli and Red Peppers Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Breaded Fish Fillet (pre-prepared) Carrots Cuban Black Beans CENTER WILL BE CLOSED  Grab&Go will be available 11AM - 2:30PM	Three Bean Chili with Cheddar Cheese Cornbread Italian Blend Vegetables
10	11	12	13	14	15	16
Spanish Style Baked Chicken Spanish Rice and Beans California Blend Vegetables	Dominican Moro & Sofrito Steak Steamed Green Beans	Cuban Mojo Sauce & Oven Baked Pork Chops Carrots Yuca with Onions	Stewed Chicken Breast Cilantro Lime Rice Kale and Lemon	Whole Wheat Pasta Primavera with Cheese Roasted Zucchini Steamed Green Beans	 CENTER and GRAB&GO CLOSED	BBQ Chicken Breasts California Blend Vegetables Cuban Black Beans
17	18	19	20	21	22	23
Chickpea Stew & Farro Capri Blend Vegetables	 CENTER and GRAB&GO CLOSED	Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Broccoli	Curry Chicken Cous Cous Steamed Cauliflower	Baked Polenta with Veggie Sauce Italia Blend Vegetables Stewed Beans (Habichuelas Guisadas)	Baked Fish Fillets Cuban Mojo Sauce Cuban Style Brown Rice Sauteed Spinach	Stewed Chicken Breast Steamed Green Beans Yellow Plantains
24	25	26	27	28	29	30
Beef Meatballs with Sofrito & Mexican Confetti Rice Oriental Blend Vegetables	Sweet and Sour Tofu Rice Pilaf Oriental Blend	Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli	Chicken Gumbo Cornbread Steamed Green Beans	Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli	Homemade Coconut Breaded Fish Cuban Black Beans Roasted Zucchini	Black Bean and Sweet Potato Chili Brown Rice 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).