

CONGREGATE MENU - APRIL 2022





HALAL MENU - APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
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
11	12	13	14	15	16
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	SPRING HOLIDAY CENTER and GRAB&GO CLOSED	Baked Falafel Patties & Jeera Rice (Cumin Spiced Rice) Kale and Lemon
18	19	20	21	22	23
SPRING HOLIDAY 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
25	26	27	28	29	30
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
	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce 11 Baked White Fish with Garlic Crumb Crust & Cilantro Lime Rice Vegetable Mix (nonstarchy) 18 CENTER and GRAB&GO CLOSED 25 Baked White Fish with Garlic Crumb Crust & Cilantro Lime Rice Vegetable Mix (nonstarchy)	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce Torust Crust Cliantro Lime Rice Vegetable Mix (nonstarchy) The Company of	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce Moroccan Style Sauce & Turkey Burger Creamy Spinach (Dairy Free) Spiced Sweet Potatoes CENTER and GRAB&GO CLOSED CENTER and GRAB&GO CLOSED Baked White Fish with Garlic Crumb Crust & Cliantro Lime Rice and Caramelized Onions (Majadra) Capri Blend Vegetables Chickpea Stew & White Rice Green Beans Chickpea Stew & White Rice Green Beans Chickpea Stew & White Rice Green Beans Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans Chickpea Stew & White Rice Green Beans	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce 11 12 13 14 Moroccan Style Sauce & Cous Cous Steamed Carrots (Majadra) Crust Crumb Crust & Cliatro Lime Rice Vegetable Mix (nonstarchy) 18 19 19 Chickpea Stew & White Rice Green Beans Lentil Stew with Carrots and Turnips Rice Pilaf Steamed Green Beans Chickpea Stew & White Rice Ground Beef) Cauliflower with Potatoes and Tomatoes (Aloo Gobi) Okra Chickpea Stew & White Rice Green Beans Steamed Carrots Centre With Country Steamed Carrots Chickpea Stew & White Rice Green Beans Steamed Green Beans Chickpea Stew & White Rice Green Beans Steamed Green Beans Steamed Green Beans Chickpea Stew & White Rice Green Beans Steamed Green	Fish with Tomatoes and Herbs Jeera Rice (Cumin Spiced Rice) Kale in Garlic Sauce 11 12 13 14 15 Baked White Fish with Garlic Crumb Crust & Clair Spiced Sweet Potatoes 18 19 20 21 22 Chickpea Stew & White Rice Ground Beans Crust & Clair Spiced Sweet Potatoes Roasted Potatoes Center will Loss Center Will Loss Center Will Loss (Brand Ground Beans) Crust & Clair Spiced Sweet Potatoes Center Will Spiced Stew & White Rice Green Beans Crust & Clair Will Closs (Brand Carrots Center Will Loss) (Dairy Free) Spiced Sweet Potatoes Center Will Each Cound Beans Crust & Clair Will Loss (Brand Carrots Will Spiced Sweet Potatoes) Count Spiced Sweet Potatoes Center Will Be Action Closs (Center Will Loss) (Park Will Closs (Brand Carrots Will Be available 11AM - 2:30PM) Grab & Ground Beans Center Will Spiced Sweet Potatoes Center Will Loss (Center Will Be Closs October Octob



KOSHER MENU - APRIL 2022

COMMUNITY SERVICES encoretry Cong		***MENU SUBJECT TO CHA	NGE/SUBSTITUTION PENDING	G 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 Sauteed 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	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	SPRING HOLIDAY 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	SPRING HOLIDAY 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) Sauteed 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

						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy		SPRING		1	2
3	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	7 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 Carro 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	SPRING HOLIDAY CENTER and GRAB&GO CLOSED	Black Bean and Swee 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	SPRING HOLIDAY	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
Smashed Red Potatoes	CENTER AND GRAB&GO CLOSED			Steamed Broccon		Vegetables
Smashed Red Potatoes	GRAB&GO CLOSED 25	26	27	28	29	Vegetables 30
	GRAB&GO CLOSED	Sweet and Sour Tofu Chinese Style Spaguetti Steamed Broccoli	Orange Chicken with Rosemary Baked Sweet Potato Kale and Lemon		Homemade Coconut Breaded Tilapia Cuban Black Beans Steamed Cauliflower	9



APRIL 2022 - FROZEN STANDARD MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy		SPRING			2
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	SPRING HOLIDAY 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	SPRING HOLIDAY 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 accor	mnanied by a carton of milk wh	nole wheat bread margarine iu	ice, and a piece of fruit (fruit & jui	ce vary every day)	

APRIL 2022 - LATIN HOT MENU CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS***



Dominican Moro & Sofrito Steak Steamed Green Beans Cuban Mojo Sauce & Oven Baked Pork Chops Carrots Yuca with Onions Carrots Yuca with Onions Chicken Fajitas Esquites (Mexican Corn) Steamed Green Beans Chicken Fajitas Esquites (Mexican Corn) Steamed Broccoli Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Cauliflower Cous Cous Steamed Green Beans Steamed Benot Vegetables Stewed Chicken Breast Sauce & Pasta Roasted Zucchini Steamed Green Beans Curry Chicken Cous Cous Steamed Green Beans Steamed Benot Vegetables Steamed Green Beans Centre will Closs ©1:30PM GRAB&GO CLOSED Steamed Cauliflower Curry Chicken Cous Cous Steamed Repeated Beans (Habichuelas Guisadas) Centre will Closs ©1:30PM GRAB&GO CLOSED Steamed Green Beans Centre will Closs ©1:30PM GRAB&GO CLOSED Steamed Cauliflower Cous Cous Steamed Green Beans Centre will Closs ©2:30PM GRAB&GO CLOSED Steamed Green Beans Centre will Closs ©1:30PM GRAB&GO CLOSED Steamed Green Beans Centre will Closs ©1:30PM GRAB&GO CLOSED Steamed Green Beans Centre will Closs ©1:30PM GRAB&GO CLOSED Centre will Be closed Out Cous Cous Italia Blend Vegetables Centre will Closs ©1:30PM GRAB&GO CLOSED Centre will Be closed Out Cous Cous Breader Cauliflower, Broccoli Steamed Green Beans Centre will Closs ©2:30PM Green Beans Centre will Closs ©2:30PM Green Beans Centre will Closs ©2:30PM Green Beans Centre will be available and Centre of Cous Cous Millower Curried Vegetables Curried Vegetables Curried Vegetables Homemade Coconut Breader Fish Curried Vegetables Stewed Chicken Breast Esquites (Mexican Corn) Steamed Green Beans Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli Steamed Green Beans	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dominican Moro & Sofrito Steak Steamed Green Beans Steamed Green Beans Cuban Mojo Sauce & Oven Baked Pork Chops Carrots Yuca with Onions Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Green Beans Esquites (Mexican Corn) Steamed Broccoli Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Broccoli Steamed Broccoli Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Broccoli Steamed Broccoli Curry Chicken Cous Cous Steamed Broccoli Steamed Broccoli Steamed Broccoli Curry Chicken Cous Cous Steamed Broccoli Steamed Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Cuban Black Beans Roasted Zucchini Centrea de Green Beans Cous Cous (HH) Italian Blend Vegetables Fish with Creole Sauce Cous Cous with Peas and Lemon Steamed Broccoli Centrea Meas Cous With Peas and Lemon Cous Cous With Peas and Lemon Cous With Peas and Lemon Cous Centre With Peas And Lemon Cous With Peas And Lemon Centre With Peas And Lemon Cen					1
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Dominican Moro & Sofrito Steak Steamed Green Beans Steamed Broccoli Steamed Green Beans (Habichuelas Guisadas) CENTER and GRAB&GO CLOSED Steamed Green Beans (Habichuelas Guisadas) CENTER and GRAB&GO CLOSED Steamed Broccoli Steamed Broccoli Steamed Broccoli Steamed Green Beans Steamed Broccoli Steamed Green Beans S	4	5	6	7	8
Dominican Moro & Sofrito Steak Steamed Green Beans CENTER and GRAB&GO CLOSED Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli Steamed Green Beans Steamed Green Beans Chicken Gumbo Cornbread Steamed Green Beans Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Steamed Green Beans Steamed Green Beans Steamed Cauliflower, Broccoli Steamed Green Beans Steamed Green Beans Steamed Cauliflower, Broccoli Steamed Green Beans Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli		,	V		
Cuban Mojo Sauce & Oven Baked Pork Chops Steamed Green Beans					Fish with Creole Sauce
Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM Steamed Broccoli Steamed Green Beans Curry Chicken Cous Cous Steamed Green Beans Steamed Wegetables Stewed Beans (Habichuelas Guisadas) CENTER and GRAB&GO CLOSED Steamed Green Beans CUrry Chicken Cous Cous Steamed Cauliflower Stewed Beans (Habichuelas Guisadas) Curried Veggeie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli CENTER and GRAB&GO CLOSED Steamed Green Beans CUrry Chicken Cous Cous Steamed Green Beans Stewed Beans (Habichuelas Guisadas) Curried Veggeie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Steamed Green Beans Cous Cous (HH) Steamed Green Beans Steamed Chrcken Breast Steamed Green Beans Steamed Green Beans Steamed Broccoli Steamed Broccoli Steamed Broccoli Steamed Green Beans Steamed Roll Veggeie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Green Beans Curried Veggeie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Broccoli Steamed Green Beans Steamed Broccoli Steamed Broccoli Steamed Green Beans Steamed Fish Cuban Black Beans Roasted Zucchini Steamed Broccoli Steamed Broccoli Steamed Green Beans Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Stea		Cuban Moio Sauce & Oven			Cous Cous with Peas
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Chicken Fajitas Esquites (Mexican Corn) Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Green Beans Steamed Green Beans Turkey Meat Sauce & Pasta Roasted Zucchini Steamed Broccoli Steamed Green Beans Steamed Cauliflower Blend Vegetables Stewed Beans (Habichuelas Guisadas) CENTER and GRAB&GO CLOSED COUNTIED CUrried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli CENTER and GRAB&GO CLOSED CENTER and GRAB&GO CLOSED Steamed Green Beans CENTER and GRAB&GO CLOSED Steamed Green Beans CENTER and GRAB&GO CLOSED Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Baked Sweet Potato Prince Edward Blend Vegetables Fish Cuban Black Beans Roasted Zucchini Steamed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli Steamed Broccoli Steamed Broccoli Steamed Sprince Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli					
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Steamed Green Beans Steamed Broccoli Steamed Cauliflower Stewed Beans (Habichuelas Guisadas) CENTER and GRAB&GO CLOSED 18 19 20 21 22 Chicken Gumbo Cornbread Steamed Green Beans Centried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli CENTER and GRAB&GO CLOSED CENTER and GRAB&GO CLOSED Steamed Green Beans Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Baked Succeptables Fish Cuban Black Beans Roasted Zucchini Steamed Cauliflower Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli Steamed Broccoli	•	_	_		
18 19 20 21 22 SPRING HOLIDAY Roasted Broccoli Steamed Green Beans Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Cuban Black Beans Roasted Zucchini Centrer and GRAB&GO Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Baked Fish Fillets Salsa Verde	•				
Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli CENTER and GRAB&GO CLOSED 25 Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli Chicken Gumbo Cornbread Steamed Green Beans Courried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli	Steamed Green Beans	Steamed Broccoli	Steamed Cauliflower		
Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli CENTER and GRAB&GO CLOSED Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables 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 Steamed Cauliflower, Broccoli Baked Sweet Potato Prince Edward Blend Vegetables Prince Edward Blend Vegetables Roasted Zucchini Homemade Coconut Breader Fish Cuban Black Beans Roasted Zucchini Steamed Cauliflower, Broccoli Baked Fish Fillets Salsa Verde Yellow Rice with Pigeon Pear Souted Spinsch				(Habichuelas Guisadas)	
Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli CENTER and GRAB&GO CLOSED 25 26 27 28 29 Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli Cornbread Steamed Green Beans Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Cauliflower, Broccoli Brown Gravy Tukey Meatballs Beets and Baby Carrots with Dill Steamed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Baked Fish Fillets Salsa Verde Yellow Rice with Pigeon Peas	10	10	20	21	
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Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli CENTER and GRAB&GO CLOSED Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Penne Rasta Pasta Sauce Kale and Lemon Roasted Broccoli Chicken Gumbo Cornbread Steamed Green Beans Chicken Gumbo Cornbread Steamed Cauliflower, Broccoli Steamed Cauliflower, Broccoli Fish Cuban Black Beans Roasted Zucchini Fish Cuban Black Beans Roasted Zucchini Fish Cuban Black Beans Roasted Zucchini Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli Fish Cuban Black Beans Roasted Zucchini Fish Cuban Black Beans Roasted Zucchini Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Spinach					
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CENTER and GRAB&GO CLOSED 25 Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Roasted Broccoli Steamed Green Beans Steamed Cauliflower, Broccoli Cuban Black Beans Roasted Zucchini Cuban Black Beans Roasted Zucchini Stewed Chicken Breast Salsa Verde Yellow Rice with Pigeon Peas Sautrod Spinach	HOLIDAY				
CENTER and GRAB&GO CLOSED 25 26 27 28 29 Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Roasted Zucchini Roasted Zucchini Roasted Zucchini Roasted Zucchini Roasted Zucchini Roasted Zucchini Brown Gravy Tukey Meatballs Beets and Baby Carrots with Dill Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli Steamed Broccoli					Cuban Black Beans
CLOSED 25 26 27 28 29 Brown Gravy Tukey Meatballs Cous Cous (HH) Italian Blend Vegetables Baked Sweet Potato Prince Edward Blend Vegetables Brown Gravy Tukey Meatballs Beets and Baby Carrots with Dill Steamed Broccoli Steamed Broccoli Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli		Rousted Broccon	Steamed Green Beans	Steamed Calamower, Broccon	Roasted Zucchini
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Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Jerk Chicken Baked Sweet Potato Baked Sweet Potato Prince Edward Blend Vegetables Tukey Meatballs Beets and Baby Carrots with Dill Steamed Broccoli Steamed Broccoli Steamed Broccoli		26	27	28	29
Chana Marsala (Chickpeas) Cous Cous (HH) Italian Blend Vegetables Jerk Chicken Baked Sweet Potato Baked Sweet Potato Beets and Baby Carrots with Dill Steamed Broccoli Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli			Brown Gravy		
Cous Cous (HH) Italian Blend Vegetables Baked Sweet Potato Beets and Baby Carrots with Dill Beets and Baby Carrots with Steamed Broccoli Steamed Broccoli Steamed Broccoli	Chana Marsala (Chickpeas)	Jerk Chicken		Stewed Chicken Breast	
Italian Blend Vegetables Prince Edward Blend Vegetables Dill Steamed Broccoli Steamed Broccoli Sauteed Spinach			1		
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		Times same seems regetables	Yuca with Onions	2.000	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 Rolatini Broccoli and Red Peppers Steamed Green Beans CENTER WILL CLOSE @1:30PM GRAB&GO WILL CLOSE @2:30PM	Breaded Fish Fillet (preprepared) Carrots Cuban Black Beans CENTER WILL BE CLOSED Carb&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	SPRING HOLIDAY 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	SPRING HOLIDAY 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).						