







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 Rولاتini</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).