







JUNE 2022 - **HOT STANDARD MENU**

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE HOT MENU
*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
			Stewed Chicken Breast Cous Cous Steamed Cauliflower	Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Broccoli	Teryaki Baked Fish Yellow Plantains Steamed Green Beans
5	6	7	8	9	10
Cheese Tortellini in Alfredo Sauce Capri & Italian Blend Vegetables	Chicken Marsala Rice Pilaf Baby Carrots with Parsley	Sweet and Sour Tofu Chinese Style Spaghetti Steamed Broccoli	Orange Chicken with Rosemary Baked Sweet Potato Kalee and Lemon	Caribbean Squash with Ground Beef Couscous Steamed Green Beans	Homemade Coconut Breaded Tilapia Cuban Black Beans Steamed Cauliflower
12	13	14	15	16	17
Grilled Chicken Breast n Brown Gravy Whole Grain Stuffing Italian Blend Vegetables	Vegan Stuffed Cabbage Rice Pilaf Steamed Green Beans	Jerk Chicken Leg Black Beans and Rice Steamed Cauliflower	Turkey Meat Sauce Egg Noodles Carrots	Stewed Chicken Breast Baked Sweet Potato Steamed Spinach	Baked Tilapia with Dill Lemon Suace Yellow Rice California Blend Vegetables
19	20	21	22	23	24
BBQ Chicken Breast Homemade Mashed Potatoes Capri Blend Vegetables	Lasagna Rollettes Homemade Tomato Sauce Normandy Blend & Roasted Brussels Sprouts	Salisbury Steak with Brown Gravy Baked Sweet Potato Roasted Zucchini	Sweet and Sour Chicken Breast Perfect White Rice Steamed Broccoli	Chicken Breast and Rice Peas and Pearl onions Steamed Carrots	Breaded Pollock Fish Fillet with Yogurt Tartar Sauce Yellow Plantains Steamed Green Beans
26	27	28	29	30	
Veggie Burger Patty Baby Carrots with Parsley Stewed Okra and Tomatoes	Lasagna with Turkey Steamed Carrots Steamed Cauliflower	Baked Chicken Yellow Rice Sautéed Spinach	Beef Meatballs with Sofrito Penne Pasta with Garlic Sauce Steamed Broccoli	Curry Chicken Baked Brown Rice Pilaf Steamed 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).					



SATURDAY

4

**Baked Turkey Breast in
brown Gravy
Brown Rice**
California Blend
Vegetables

11

**Lasagna Rolantini in
Tomato Sauce**
California Blend Vegetables
Prince Edward Blend
Vegetables

18

**Baked Macaroni and
Cheese**
Italian Blend Vegetables
Normandy Blend

25

**Black Bean Sweet Potato
Chili**
Brown Rice
California Blend
Vegetables

