



**FROZEN STANDARD MENU**



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



CHECK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chicken Gumbo with Corn beard Steamed Green Beans	2 Curried Veggie Chickpea & Quinoa Stir Fry Steamed Broccoli & Cauliflower	3 Homemade Coconut Breaded Fish Cuban Black Beans Roasted Zucchini	4 Black Bean Sweet Potato Chili Brown Rice Capri Blend Vegetables
5	6	7	8	9	10	11
Chicken Fajitas Barley with Lima Beans California Blend Vegetables	Chana Masala Cous Cous Italian Blend Vegetables	Jerk Chicken Baked Sweet Potato Prince Edward Blend Vegetables	Turkey Meatballs with Brown Gravy Beets and Baby Carrots with Dill Yuca with Onions	Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli	Baked Fish Fillets with Salsa Verde Yellow Rice and Pigeon Peas Sauteed Spinach	Sofrito Steak Dominican Moro Steamed Broccoli
12	13	14	15	16	17	18
Chicken Cacciatore Rice Pilaf Steamed Green Beans	Chicken Breast and Rice Roasted Zucchini Steamed Green	Beef Picadillo Steamed Cauliflower Yellow Plantains	Baked Asian Style Honey Chicken Brown Rice and Black Beans Steamed Broccoli	Lasagna Rolantini with Homemade Tomato Sauce Broccoli and Red Peppers Steamed Green Beans	Breaded Fish Fillet Carrots Cuban Black Beans	Three Bean Chili with Cheddar Cheese Cornbread Italian Blend Vegetables
19	20	21	22	23	24	25
Spanish Style Baked Chicken Spanish Rice and Beans California Blend Vegetables	Spanish Style Beef Stew Egg Noodles Carrots Steamed Green Beans	Baked Polenta with Veggie Sauce Roasted Zucchini	Chili con Carne White Rice Sauteed Spinach	Chicken Parmesan with Tomato Sauce Pasta Steamed Broccoli Steamed Cauliflower	Fish with Creole Sauce Yellow Rice Braised Collard Greens	Stewed Chicken Breast California Blend Vegetables Yuca with Onions
26	27	28	29	30		
Pernil (Roasted Pork Shoulder) Capri Blend Vegetables Yellow Plantains	Sofrito Steak Dominican Moro Steamed Green Beans	Oven Baked Pork Chops with Cuban Mojo Sauce Carrots Yuca with Onions	Stewed Chicken Breast Cilantro Lime Rice Kale and Lemon	Whole Wheat Pasta Primavera with Cheese Roasted Zucchini 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).