













JUNE 2022 - **LATIN HOT MENU**

BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE LATIN HOT MENU

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



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

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).