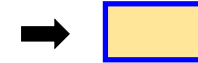




**August 2022 - FROZEN STANDARD MENU**  
**CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU**  
 \*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <b>Spanish Style Beef Stew</b> <b>Egg noodles</b> Carrots Steamed green beans	3 <b>Baked Polenta with Veggie Sauce</b> Roasted zucchini	4 <b>Chili con Carne</b> <b>White rice</b> Sautéed Spinach	5 <b>Chicken Parmesan with Tomato Sauce</b> Steamed Broccoli & Cauliflower	6 <b>Fish with Creole Sauce</b> <b>Yellow Rice</b> Braised Collard Greens	7 <b>Stewed Chicken Breast</b> <b>Yuca with Onions</b> California Blend Vegetables
8 <b>Pernil</b> <b>Yellow Plantains</b> Capri Blend Vegetables	9 <b>Dominican Moro with Sofrito Steak</b> Steamed Green Beans	10 <b>Cuban Mojo Sauce with Oven Baked Pork Chops</b> <b>Yuca with Onions</b> Carrots	11 <b>Stewed Chicken Rice</b> <b>Cilantro Lime Rice</b> Kale and Lemon	12 <b>Whole Wheat Pasta Primavera with Cheese</b> Roasted Zucchini Steamed Green Beans	13 <b>Fish with Creole Sauce</b> <b>Couscous with Peas and Lemon</b> Steamed Broccoli	14 <b>BBQ Chicken Breasts</b> <b>Cuban Black Beans</b> California Blend Vegetables
15 <b>Chickpea Stew</b> <b>Farro</b> Capri Blend Vegetables	16 <b>Chicken Fajitas</b> Esquites (Mexican Corn) Steamed Green Beans	17 <b>Turkey Meat Sause</b> Roasted Zucchini Steamed Broccoli	18 <b>Curry Chicken</b> <b>Cous Cous</b> Steamed Cauliflower	19 <b>Baked Polenta with Veggie Sauce</b> <b>Stewed Beans (Habichuelas Guisadas)</b> Italian Blend Vegetables	20 <b>Baked Fish Fillets with Cuban Mojo Sauce</b> <b>Cuban Style Brown Rice</b> Sautéed Spinach	21 <b>Stewed Chicken Breast</b> <b>Yellow Plantains</b> Steamed Green Beans
22 <b>Beef Meatballs with Sofrito</b> <b>Mexican Confetti Rice</b> Oriental Blend Vegetables	23 <b>Sweet and Sour Tofu</b> <b>Rice pilaf</b> Oriental Blend Vegetables	24 <b>Penne with Rasta Pasta Sauce</b> Kale and Lemon Roasted Broccoli	25 <b>Chicken Gumbo with Cornbread</b> Steamed Green Beans	26 <b>Curried Veggie, Chickpea and Quinoa Stir Fry</b> Steamed Broccoli & Cauliflower	27 <b>Homemade Coconut Breaded Fish</b> Cuban Black Beans Roasted Zucchini	28 <b>Black Bean and Sweet Potato Chili</b> <b>Brown Rice</b> Capri Blend Vegetables
29 <b>Chicken Fajitas</b> <b>Barley with Lima Beans</b> California Blend Vegetables	30 <b>Chana Masala (Chickpeas)</b> <b>Cous Cous</b> Italian Blend Vegetables	31 <b>Jerk Chicken</b> Baked Sweet Potato Prince Edward Blend Vegetables	32 <b>Brown Gravy with Turkey Meatballs</b> Beets and Baby Carrots with Dill Yuca with Onions	33 	34 	35 

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).