







August 2022 - **LATIN HOT MENU**

CHECK THE 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	5	6
	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	Fish with Creole Sauce Yellow rice Braised Collard Greens	
7	8	9	10	11	12	13
	Dominican Moro with Sofrito Steak Steamed Green Beans	Cuban Mojo Sauce w. Oven Baked Pork Chops Carrots Yuca with Onions	Stewed Chicken Rice Cilantro Lime Rice Kale and Lemon	Whole Wheat Pasta Primavera with Cheese Roasted Zucchini Steamed Green Beans	Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli	
14	15	16	17	18	19	20
	Chicken Fajitas Esquites (Mexican Corn) Steamed Green Beans	Turkey Meat Sauce with Pasta Roasted Zucchini Steamed Broccoli	Curry Chicken Cous Cous Steamed Cauliflower	Baked Polenta w. Veggie Sauce Italian Blend Vegetables Stewed Beans (Habichuelas Guisadas)	Baked Fish Fillets with Cuban Mojo Sauce Cuban Style Brown Rice Sauteed Spinach	
21	22	23	24	25	26	27
	Sweet and Sour Tofu Rice pilaf Oriental Blend Vegetables	Penne with Rasta Pasta Sauce Kale and Lemon Roasted Broccoli	Chicken Gumbo with Cornbread Steamed Green Beans	Curried Veggie, Chickpea and Quinoa Stir Fry Steamed Broccoli & Cauliflower	Homemade Coconut Breaded Fish Cuban Black Beans Roasted Zucchini	
28	29	30	31			
	Chana Masala (Chickpeas) Cous Cous Italian Blend Vegetables	Jerk Chicken Baked Sweet Potato Prince Edward Blend Vegetables	Brown Gravy with Turkey Meatballs Beets and Baby Carrots with Dill Yuca with Onions			

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).