






November 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	SATURDAY
		1 Jerk Chicken Leg Quarter Black Beans and Rice Steamed Cauliflower	2 Brown Gravy with Spanish Style Roast Pork Mashed Sweet Potatoes Steamed Slice Carrots	3 Stewed Chicken Breast California Blend Vegetables	4 Baked Fish with Dill Lemon Sauce Yellow Rice Baked Sweet Potato & Steamed Spinach	5 Curry Lamb Cous Cous Normandy Blend
6	7	8	9	10	11	12
BBQ Chicken Breast Capri Blend Vegetables Homemade Mashed Potatoes	Chana Masala (Chickpeas) Perfect White Rice Normandy Blend	Chicken Stir Fry with Vegetables Brown Rice Roasted Zucchini	Sofrito Steak Baked Sweet Potato Steamed Broccoli	Chicken Alfredo Penne Steamed Sliced Carrots Steamed Green Beans	Breaded Fish Fillet Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains	Vegetable Ratatouille Brown Rice California & Prince Edward Blend Vegetables
13	14	15	16	17	18	19
Beef and Potato Pastelon Baby Carrots with Parsley Stewed Okra and Tomatoes	Mexican Style Chicken Thighs and Rice Esquites (Mexican Corn) Green Beans	Baked Chicken Quarters Yellow Plantains Sauteed Spinach	Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes & Steamed Broccoli	Black Bean and Sweet Potato Chili The Ultimate Healthy Cornbread Creamy Spinach	Spanish Style Baked Fish Polenta Kale with Tomato	Stuffed Shells in Tomato Sauce Steamed Carrots & Cauliflower
20	21	22	23	24	25	26
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	Spanish Style Beef Stew Egg Noodles California Blend Vegetables	Sweet and Sour Chicken Breasts Yuca with Onions Roasted Zucchini	Vegetarian Stuffed Cabbage Steamed Broccoli & Steamed Cauliflower	Chili con Carne Perfect White Rice Baby Carrots with Parsley & Steamed Broccoli	Baked Fish with Rustic Tomato Sauce Yellow Plantains Steamed Green Beans	BBQ Pork Chops Normandy Blend Parmesan Rosemary Mashed Potatoes
27	28	29	30			
Cheese Lasagna Rollups in Tomato Sauce Steamed Cauliflower Beets and Baby Carrots with Dill	Chicken Parmesan with Sauteed Onions & Garlic Polenta Capri Blend Vegetables	Stewed Oxtails with Lima Beans Rice and Red Beans Sauteed Zucchini	Stewed Chicken Breast Cous Cous Steamed Cauliflower			
<p>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).</p>						