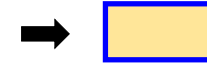




February 2023 - **FROZEN STANDARD MENU**

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 Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes & Steamed Broccoli	2 Black Bean and Sweet Potato Chili The Ultimate Healthy Cornbread Creamy Spinach	3 Spanish Style Baked Fish Polenta Kale with Tomato	4 Cheese Lasagna Rollups in Tomato Sauce Steamed Carrots & Cauliflower
5	6	7	8	9	10	11
12 Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	13 Spanish Style Beef Stew Egg Noodles California Blend Vegetables	14 Sweet and Sour Chicken Breasts Yuca with Onions Roasted Zucchini	15 Vegetarian Stuffed Cabbage Steamed Broccoli & Steamed Cauliflower	16 Chili con Carne Perfect White Rice Baby Carrots with Parsley & Steamed Broccoli	17 Baked Fish with Rustic Tomato Sauce Yellow Plantains Steamed Green Beans	18 BBQ Pork Chops Normandy Blend Parmesan Rosemary Mashed Potatoes
19 Stuffed Shells with Tomato Sauce Baby Carrots with Parsley & Green Beans	20 Chicken Parmesan with Sautéed Onions & Garlic Polenta Capri Blend Vegetables Mixed Green Salad	21 Stewed Oxtails with Lima Beans Rice and Red Beans Green Beans & Sautéed Zucchini	22 Stewed Chicken Breast Cous Cous Steamed Cauliflower	23 Quick Coconut Curry with Chickpeas and Spinach Barley Lemon Pilaf Arugula Salad with Balsamic Vinaigrette & Steamed Broccoli	24 Teriyaki Glazed Fish Yellow Plantains Green Beans	25 Brown Gravy with Roasted Turkey Breast Brown Rice California Blend Vegetables
26 Alfredo Sauce with Cheese Tortellini Italian Blend Vegetables & Normandy Blend	27 Stuffed Shells with Tomato Sauce Baby Carrots with Parsley & Green Beans	28 Beef Picadillo Yellow Plantains Steamed Broccoli	29 Chicken Thigh Stew with Ginger & Pumpkin Yuca with Onions California Blend Vegetables	30 Stuffed Cabbage with Beef Cous Cous Normandy Blend	31 Homemade Coconut Breaded Fish Tabbouleh with Garbanzo Beans Steamed Cauliflower	32 Pork Lion with Prunes and Apricots Whole Grain Stuffing Prince Edward Blend Vegetables & Roasted Spiced Red Potatoes
33 Brown Gravy with Grilled Chicken Breast Whole Grain Stuffing Italian Blend Vegetables	34 Cheese Lasagna Rollups with Tomato Sauce Broccoli and Red Peppers Steamed Green Beans	35 Jerk Chicken Leg Quarter Rice and Black Beans Steamed Cauliflower				

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).