



February 2023 - **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 Sofrito Steak Baked Sweet Potato Steamed Broccoli	2 Chicken Alfredo Penne Steamed Sliced Carrots Steamed Green Beans	3 Breaded Fish Fillet Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains	4 Vegetable Ratatouille Brown Rice California & Prince Edward Blend Vegetables
5	6	7	8	9	10	11
Beef and Potato Pastelon Baby Carrots with Parseley 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
12	13	14	15	16	17	18
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
19	20	21	22	23	24	25
Cheese Lasgna 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	Stewed Chicken Breast California Blend Vegetables	Baked Fish with Dill Lemon Sauce Yellow Rice Baked Sweet Potato & Steamed Spinach	Curry Lamb Cous Cous Normandy Blend
26	27	28				
Alfredo Sauce with Cheese Tortellini Capri & Italian Blend Vegetables	Homemade Tomato Sauce with Stuffed Shells Baby Carrots with Parsley & Green Beans	Beef Picadillo Yellow Plantains Steamed Broccoli				

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).