



February 2023 - **LATIN FROZEN 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 Stewed Chicken Breast Cilantro Lime Rice Kale Salad with Lemon	2 Baked Lean Lamb Cous Cous Roasted Zucchini	3 Fish with Creole Sauce Yellow Rice Braised Collard Greens	4 Stewed Chicken Breast California Blend Vegetables Roasted Root Vegetables
5	6	7	8	9	10	11
Roasted Vegetable, Black Bean, and Corn Enchilada Casserole Yellow Plantains Capri Blend Vegetables	Mexican Style Chicken Thigh and Rice Steamed Green Beans	Roasted Vegetables, Black Bean, and Corn Enchilada Casserole Black Bean and Corn Salad Steamed Sliced Carrots	Curry Chicken Yuca with Garlic & Lemon Steamed Cauliflower	Vegan Stuffed Cabbage Brown Rice with Mushrooms Roasted Zucchini	Baked Salmon with Cilantro Citrus Sauce Cous Cous with Peas and Lemon Steamed Broccoli	Baked Oregano Chicken Cauliflower and Potato Mash California Blend Vegetables
12	13	14	15	16	17	18
Chickpea Stew Barley with Lima Capri Blend Vegetables	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	Grilled Chicken Breast with Rasta Pasta Kale Salad with Lemon Steamed Broccoli	Black Eyed Pea and Vegetable Stew Cous Cous Steamed Green Beans	Curry Lamb Lentils with Spiced Rice and Caramelized Onions Steamed Cauliflower	Mango-licious Fish Cuban Black Beans Roasted Zucchini	Stewed Chicken Breast Yellow Plantains Steamed Green Beans
19	20	21	22	23	24	25
Pork Carnitas with Veggies and Beans Blackeye Pea Curry with Potatoes and Tomatoes California Blend Vegetables	Chana Masala (Chickpeas) Cous Cous Italian Blend Vegetables	Jerk Chicken Baked Sweet Potato Prince Edward Vegetables	Stewed Oxtails with Lima Beans Yuca with Onions Beets and Baby Carrots with Dill	Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli	Homemade Coconut Breaded Fish Cuban Black Beans Roasted Zucchini	Caribbean Squash with Ground Turkey Brown Rice Capri Blend Vegetables
26	27	28				
Chicken Fajitas Barley with Lima Beans California Blend Vegetables	Arroz con Pollo (Chicken Breast and Rice) Italian Blend Vegetables Roasted Zucchini	Beef Picadillo Yellow Plantains 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).