

February 2023 - **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
			BBQ Pulled Pork Sautéed Spinach Sweet Baked Yams	Chicken Parmesan Pasta in Tomato Sauce Steamed Broccoli and Cauliflower	Fish with Creole Sauce Yellow Rice Braised Collard Greens	
5	6	7	8	9	10	11
	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans	Baked Pork Chops with Cuban Mojo Sauce Yuca with Onions Steamed Sliced Carrots	Stewed Chicken Breast Cilantro Lime Rice Kale Salad with Lemon	Baked Lean Lamb Chops Cous Cous with Peas and Lemon Roasted Zucchini	Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli	
12	13	14	15	16	17	18
	Mexican Style Chicken Thighs and Rice Esquites (Mexican Corn) Steamed Green Beans	Roasted Vegetable, Black Bean, and Corn Enchilada Casserole Baked Brown Pilaf Sautéed Spinach	Curry Chicken Yuca con Mojo (Garlic Lime Juice) Steamed Cauliflower	Vegetarian Stuffed Cabbage Brown Rice and Mushrooms Vegetable Mix	Baked Salmon with Cilantro Citrus Sauce Cuban Style Brown Rice Sautéed Spinach	
19	20	21	22	23	24	25
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	Grilled Chicken Breast with Rasta Pasta Kale Salad with Lemon Roasted 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	
26	27	28				
	Chana Masala (Chickpeas) Cous Cous Italian Blend Vegetables	Jerk Chicken Baked Sweet Potatoes Prince Edward Blend Vegetables				

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).