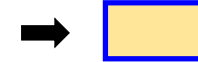




January 2023 - **FROZEN STANDARD MENU**

**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 	2 <b>Chicken Parmesan with Sautéed Onions &amp; Garlic Polenta</b> Capri Blend Vegetables Mixed Green Salad	3 <b>Stewed Oxtails with Lima Beans Rice and Red Beans</b> Green Beans & Sautéed Zucchini	4 <b>Stewed Chicken Breast Cous Cous</b> Steamed Cauliflower	5 <b>Quick Coconut Curry with Chickpeas and Spinach Barley Lemon Pilaf</b> Arugula Salad with Balsamic Vinaigrette & Steamed Broccoli	6 <b>Teriyaki Glazed Fish Yellow Plantains</b> Green Beans	7 <b>Brown Gravy with Roasted Turkey Breast Brown Rice</b> California Blend Vegetables
8	9	10	11	12	13	14
<b>Alfredo Sauce with Cheese Tortellini</b> Italian Blend Vegetables & Normandy Blend	<b>Stuffed Shells with Tomato Sauce</b> Baby Carrots with Parsley & Green Beans	<b>Beef Picadillo Yellow Plantains</b> Steamed Broccoli	<b>Chicken Thigh Stew with Ginger &amp; Pumpkin Yuca with Onions</b> California Blend Vegetables	<b>Stuffed Cabbage with Beef Cous Cous</b> Normandy Blend	<b>Homemade Coconut Breaded Fish Tabbouleh with Garbanzo Beans</b> Steamed Cauliflower	<b>Pork Lion with Prunes and Apricots Whole Grain Stuffing</b> Prince Edward Blend Vegetables & Roasted Spiced Red Potatoes
15	16	17	18	19	20	21
<b>Brown Gravy with Grilled Chicken Breast Whole Grain Stuffing</b> Italian Blend Vegetables	<b>Cheese Lasagna Rollups with Tomato Sauce</b> Broccoli and Red Peppers Steamed Green Beans	<b>Jerk Chicken Leg Quarter Rice and Black Beans</b> Steamed Cauliflower	<b>Brown Gravy with Spanish Style Roast Pork Mashed Sweet Potatoes</b> Steamed Slice Carrots	<b>Stewed Chicken Breast Baked Sweet Potato</b> Sautéed Spinach	<b>Baked Fish with Dill Lemon Sauce Yellow Rice</b> California Blend Vegetables	<b>Curry Lamb Cous Cous Normandy Blend</b>
22	23	24	25	26	27	28
<b>BBQ Chicken</b> Capri Blend Vegetables & Homemade Mashed Potatoes	<b>Chana Masala (Chickpeas) Perfect White Rice</b> Normandy Blend	<b>Chicken Stir Fry with Vegetables Brown Rice</b> Roasted Zucchini	<b>Sofrito Steak Baked Sweet Potato</b> Steamed Broccoli	<b>Chicken Alfredo Penne</b> Steamed Sliced Carrots Steamed Green Beans	<b>Breaded Fish Fillet Yogurt Tartar Sauce</b> Steamed Green Beans Yellow Plantains	<b>Vegetable Ratatouille Brown Rice</b> California & Prince Edward Blend Vegetables
29	30	31				
<b>Beef and Potato Pastelon Baby Carrots with Parsley</b> Stewed Okra and Tomatoes	<b>Mexican Style Chicken Thighs and Rice Esquites (Mexican Corn)</b> Green Beans	<b>Baked Chicken Quarters Yellow Plantains</b> Sautéed Spinach				

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).