



January 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		2		3		4		5		6		7	
		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	
8		9		10		11		12		13		14	
Cheese Lasagna Rollups in Tomato Sauce Steamed Cauliflower Beets and Baby Carrots with Dill		Chicken Parmesan with Sautéed Onions & Garlic Polenta Capri Blend Vegetables		Stewed Oxtails with Lima Beans Rice and Red Beans Sautéed Zucchini		Stewed Chicken Breast Cous Cous Steamed Cauliflower		Quick Coconut Curry with Chickpeas and Spinach Barley Lemon Pilaf Steamed Broccoli		Teriyaki Baked Fish Yellow Plantains Steamed Green Beans		Brown Gravy with Roasted Turkey Breast Brown Rice California Blend Vegetables	
15		16		17		18		19		20		21	
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		Chicken Thigh Stew with Ginger and Pumpkin Yuca with Onions California Blend Vegetables		Stuffed Cabbage with Beef Cous Cous Normandy Blend		Homemade Coconut Breaded Fish Tabbouleh with Garbanzo Beans Steamed Cauliflower		Pork Lion with Prunes and Apricots Roasted Spiced Red Potatoes Prince Edward Blend Vegetables	
22		23		24		25		26		27		28	
Brown Gravy Grilled Chicken Breast Whole Grain Stuffing Italian Blend Vegetables		Cheese Lasagna Rollups with Tomato Sauce Broccoli and Red Peppers Steamed Green Beans		Jerk Chicken Leg Quarter Black Beans and Rice Steamed Cauliflower		Brown Gravy with Spanish Style Roast Pork Mashed Sweet Potatoes Steamed Slice Carrots		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	
29		30		31									
BBQ Chicken Breast Homemade Mashed Potatoes Capri Blend Vegetables		Chana Masala (Chickpeas) Perfect White Rice Normandy Blend		Chicken Stir Fry with Vegetables Brown Rice Roasted Zucchini									

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).