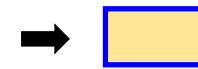









January 2023 - **LATIN FROZEN MENU**
CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU
 MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	3 Grilled Chicken Breast with Rasta Pasta Kale Salad with Lemon Steamed Broccoli	4 Black Eyed Pea and Vegetable Stew Cous Cous Steamed Green Beans	5 Curry Lamb Lentils with Spiced Rice and Caramelized Onions Steamed Cauliflower	6 Mango-licious Fish Cuban Black Beans Roasted Zucchini	7 Stewed Chicken Breast Yellow Plantains Steamed Green Beans
8	9	10	11	12	13	14
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
15	16	17	18	19	20	21
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	Moroccan Chickpea Stew with Chard Baked Brown Rice Pilaf Beets and Baby Carrots with Dill	Italian Roasted Pork Tenderloin Yellow Rice Steamed Green Beans	Ginger and Lime Salmon Spiced Sweet Potatoes Sauteed Spinach	Sofrito Steak Dominican Moro Steamed Broccoli
22	23	24	25	26	27	28
Chicken Cacciatore Rice Pilaf Kale with Tomato	Spanish Style Beef Stew Egg Noodles Steamed Green Beans & Steamed Sliced Carrots	Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Zucchini with Onions and Peppers	BBQ Pulled Pork Sauteed Spinach Sweet Baked Yams	Chicken Parmesan Pasta in Tomato Sauce Steamed Broccoli and Cauliflower Steamed Zucchini	Fish with Creole Sauce Yellow Rice & Pigeon Peas Braised Collard Greens	Three Bean Chili with Cheddar Cheese Cornbread Italian Blend Vegetables
29	30	31	 			

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).