






January 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 Mexican Style Chicken Thighs and Rice Esquites (Mexican Corn) Steamed Green Beans	3 Roasted Vegetable, Black Bean, and Corn Enchilada Casserole Baked Brown Pilaf Sauteed Spinach	4 Curry Chicken Yuca con Mojo (Garlic Lime Juice) Steamed Cauliflower	5 Vegetarian Stuffed Cabbage Brown Rice and Mushrooms Vegetable Mix	6 Baked Salmon with Cilantro Citrus Sauce Cuban Style Brown Rice Sauteed Spinach	7
8	9 Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	10 Grilled Chicken Breast with Rasta Pasta Kale Salad with Lemon Roasted Broccoli	11 Black Eyed Pea and Vegetable Stew Cous Cous Steamed Green Beans	12 Curry Lamb Lentils with Spiced Rice and Caramelized Onions Steamed Cauliflower	13 Mango-licious Fish Cuban Black Beans Roasted Zucchini	14 
15	16 Chana Masala (Chickpeas) Cous Cous Italian Blend Vegetables	17 Jerk Chicken Baked Sweet Potatoes Prince Edward Blend Vegetables	18 Stewed Oxtails with Lima Beans Yuca with Onions Beets and Baby Carrots with Dill	19 Stewed Chicken Breast Esquites (Mexican Corn) Steamed Broccoli	20 Baked Breaded Fish Fillets with Salsa Verde Yellow Rice and Pigeon Peas Sauteed Spinach	21
22	23 Arroz con Pollo (Chicken Breast and Rice) Roasted Zucchini Steamed Green Beans	24 Beef Picadillo Steamed Cauliflower Yellow Plantains	25 Moroccan Chickpea Stew with Chard Brown Rice and Bean Beans Steamed Broccoli	26 Italian Roasted Pork Tenderloin Yellow Rice Steamed Green Beans	27 Breaded Fish Fillet Cuban Black Beans Steamed Sliced Carrots	28
29 	30 Chana Masala (Chickpeas) Steamed Green Beans Steamed Sliced Carrots	31 Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf 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).