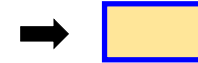








March 2023 - **LATIN FROZEN MENU**

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	3	4
			Black Bean and Sweet Potato Chili Baked Brown Rice Pilaf Beets and Baby Carrots with Dill	Chicken Adobo Yellow Rice Steamed Green Beans	Baked Breaded Fish Cuban Black Beans Steamed Carrots	Cheese Lasagna Rollups in Tomato Sauce Steamed Broccoli
5	6	7	8	9	10	11
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 Oriental Blend Vegetables	BBQ Pulled Pork California Blend Vegetables Sweet Baked Yams 	Chicken Parmesan Pasta in Tomato Sauce Steamed Broccoli and Cauliflower Steamed Zucchini	Fish with Creole Sauce Yellow Rice & Pigeon Peas Steamed Carrots	Three Bean Chili with Cheddar Cheese Perfect White Rice Italian Blend Vegetables
12	13	14	15	16	17	18
Spanish Style Baked Chicken Spanish Rice and Beans California Blend Vegetables	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans	Baked Pork Chops Yuca with Onions Steamed Slice Carrots	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables	Caribbean Style BBQ Chicken Cous Cous with Peas and Lemon Vegetable Mix	Fish with Creole Sauce Yellow Rice Steamed Broccoli 	Butternut Squash Whole Wheat Mac and Cheese California & Normandy Blend Vegetables
19	20	21	22	23	24	25
Aunt Doll Okra with Stewed Tomatoes and Chicken Lentils with Spiced Brown Rice and Caramelized Onions Capri Blend Vegetables	Mexican Style Chicken Thigh and Rice Steamed Green Beans Normandy Blend 	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Beets and Baby Carrots with Dill	Curry Chicken Yuca with Garlic & Lemon Steamed Cauliflower	Pork Spare Ribs Baked Sweet Potatoes Vegetable Mix	Fish Curry Cous Cous with Peas and Lemon Steamed Broccoli	Baked Oregano Chicken Cauliflower and Potato Mash California Blend Vegetables
26	27	28	29	30	31	
Cumin Spiced Chickpea and Tomato Stew Capri Blend Vegetables	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	Grilled Chicken Breast with Rasta Pasta Steamed Broccoli	BBQ Pork Chops Cous Cous Steamed Green Beans	Jerk Chicken Leg Quarter Lentils with Spiced Rice and Caramelized Onions Steamed Cauliflower	Breaded Fish Fillet Cuban Black Beans Steamed Carrots	

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).