

March 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 Chicken Kofta with Tomato Curry Yuca with Onions Beets and Baby Carrots with Dill	2 Stewed Chicken Breast Garlic and Rosemary Mashed Potatoes Steamed Broccoli	3 Baked Breaded Fish Fillets Yellow Rice and Pigeon Peas Green Beans	4
5	6	7	8  Lentil Stew with Carrots and Turnips Brown Rice and Blean Beans Caribbean Style Roasted Cabbage with Carrots	9 Chicken Adobo Yellow Rice Steamed Green Beans	10 Breaded Fish Fillet Cuban Black Beans Steamed Sliced Carrots	11
12 	13 Carrot, Cauliflower, & Chickpea Stew Barley Steamed Green Beans	14 Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Oriental Blend Vegetables	15 BBQ Pulled Pork Sauteed Spinach Sweet Baked Yams	16 Chicken Parmesan Pasta in Tomato Sauce Steamed Broccoli and Cauliflower	17 Fish with Creole Sauce Yellow Rice Normandy Blend 	18
19	20  Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans	21 Baked Pork Chops with Brown Gravy Yuca with Onions Steamed Sliced Carrots	22 Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables	23 Caribbean Style BBQ Chicken Cous Cous with Peas and Lemon Vegetable Mix	24 Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli	25 
26	27 Mexican Style Chicken Thighs and Rice Steamed Green Beans Normandy Blend	28 Baked Ziti with Cheese Beets & Baby Carrots with Dill	29 Curry Chicken Yuca con Mojo (Garlic Lime Juice) Steamed Cauliflower	30 Pork Spare Ribs Baked Sweet Potatoes Vegetable Mix	31 Coconut Curried Fish Brown Rice & 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).