





MAY 2023 - **FROZEN STANDARD 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 Spanish Style Beef Stew Egg Noodles California Blend Vegetables	2 Sweet and Sour Chicken Breasts Baked Brown Rice Pilaf Roasted Zucchini	3 Chicken Kofta with Tomato Curry Cous Cous Steamed Cauliflower	4 Chili con Carne Perfect White Rice Baby Carrots with Parsley	5 Baked Fish with Rustic Tomato Sauce Yellow Plantains Steamed Green Beans	6 BBQ Pork Chops in Brown Gravy Normandy Blend Parmesan Rosemary Mashed Potatoes
7	8	9	10	11	12	13
Butternut Squash Whole Wheat Mac and Cheese Beets and Baby Carrots with Dill Steamed Cauliflower	Chicken Parmesan with Sautéed Onions & Garlic Penne Baby Carrots with Parsley Mixed Green Salad	Grilled Chicken Breast in Mushroom Gravy Rice and Red Beans Steamed Broccoli	Stewed Chicken Breast Cous Cous Steamed Cauliflower	BBQ Sauce with Pork Spare Ribs Green Beans Sweet Baked Yams	Teriyaki Glazed Fish Yellow Plantains Vegetable Mix	Chicken in Tomato Sauce Brown Rice California Blend Vegetables
14	15	16	17	18	19	20
Cheese Tortellini in Alfredo Sauce Italian Blend Vegetables Normandy Blend	Stuffed Shells in Tomato Sauce Baby Carrots with Parsley Green Beans	Honey Mustard Chicken Drumstick Baked Sweet Potato Steamed Broccoli	Chicken Tefteli Yellow Rice California Blend Vegetables	Creamy Beef with Mushroom Gravy Egg Noodles Beets and Baby Carrots with Dill	Homemade Coconut Breaded Fish with Yogurt Tartar Sauce Garlic and Rosemary Roasted Potatoes Normandy Blend	Baked Ziti with Cheese Steamed Carrots Steamed Green Beans
21	22	23	24	25	26	27
Grilled Chicken Breast in Brown Gravy Whole Grain Stuffing Italian Blend Vegetables	Cheese Lasagna Rollups with Tomato Sauce Broccoli and Red Peppers Steamed Green Beans	Stewed Chicken Breast Yellow Plantains Steamed Cauliflower	BBQ Chicken Yellow Rice Steamed Carrots	Sweet and Sour Pork Chop Baked Sweet Potato Steamed Green Beans	Baked Fish with Dill Lemon Sauce Cous Cous Vegetable Mix	Jumbo Stuffed Shells with Meat Sauce Normandy Blend
28	29	30	31			
Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Capri Blend Vegetables	Baked Breaded Chicken Cutlet Rice and Beans Normandy Blend	Chicken Stir Fry with Vegetables Barley Vegetable Mix	Creamy Beef and Mushroom Sauce Egg Noodles Steamed Broccoli			

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).