



MAY 2023 - HOT STANDARD MENU

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE HOT MENU
*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans	Cheese Lasagna Rollups in Tomato Sauce Steamed Carrots Steamed Cauliflower	Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes California Blend Vegetables	Black Bean and Sweet Potato Chili Winter Blend Vegetables	Spanish Style Baked Fish Cous Cous with Peas and Lemon Spiced Mixed Vegetables	Stuffed Shells in Tomato Sauce Steamed Carrots & Cauliflower
7	8	9	10	11	12	13
Honey-Apricot Glazed Chicken Garlic and Rosemary Roasted Potatoes Normandy Blend	Spanish Style Beef Stew Egg Noodles California Blend Vegetables	Sweet and Sour Chicken Breasts Baked Brown Rice Pilaf Green Beans	Chicken Kofta Cous Cous Steamed Cauliflower	Chili con Carne Perfect White Rice Baby Carrots with Parsley	Baked Fish with Rustic Tomato Sauce Yellow Plantains Steamed Green Beans	BBQ Pulled Pork Normandy Blend
14	15	16	17	18	19	20
Butternut Squash Whole Wheat Mac and Cheese Steamed Cauliflower Beets and Baby Carrots with Dill	Chicken Parmesan with Sautéed Onions and Garlic Penne Baby Carrots with Parsley	Grilled Chicken Breast in Mushroom Gravy Rice and Red Beans Steamed Broccoli	BBQ Pork Spare Ribs Baked Sweet Yams Green Beans	Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Cauliflower	Teriyaki Baked Fish Yellow Plantains Vegetable Mix	Chicken with Tomato Sauce Brown Rice California Blend Vegetables
21	22	23	24	25	26	27
Alfredo Sauce with Cheese Tortellini Capri Blend Vegetables Italian Blend Vegetables	Stuffed Shells with Homemade 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
28	29	30	31			
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			

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).