

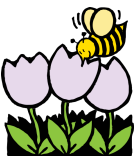





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans	Baked Pork Chops with Brown Gravy Yuca with Onions Steamed Sliced Carrots	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables	Caribbean Style BBQ Chicken Cous Cous with Peas and Lemon Vegetable Mix	Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli	
7	8	9	10	11	12	13
	Mexican Style Chicken Thighs and Rice Steamed Green Beans Normandy Blend	Baked Ziti with Cheese Beets & Baby Carrots with Dill	Curry Chicken Yuca con Mojo (Garlic Lime Juice) Steamed Cauliflower	Pork Spare Ribs Baked Sweet Potatoes Vegetable Mix	Coconut Curried Fish Brown Rice & Black Beans Steamed Carrots	
14	15	16	17	18	19	20
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	Rasta Pasta Steamed Carrots Roasted 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	
21	22	23	24	25	26	27
	Chana Masala Cous Cous Italian Blend Vegetables	Jerk Chicken Baked Sweet Potato Green Beans and Tomatoes	Chicken Kofta with Tomato Curry Yuca with Onions Beets and Baby Carrots with Dill	Stewed Chicken Breast Garlic and Rosemary Mashed Potatoes Steamed Broccoli	Baked Breaded Fish Fillets Yellow Rice and Pigeon Peas Green Beans	
28	29	30	31			
	Arroz con Pollo (Chicken Breast and Rice) Steamed Green Beans	Beef Picadillo Steamed Cauliflower Yellow Plantains	Lentil Stew with Carrots and Turnips Brown Rice and Bean Beans Caribbean Style Roasted Cabbage with 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).