





JUNE 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
4		5	6	7	8	9	10
					1 Chicken Meatballs Mushroom Gravy Egg Noodles Steamed Sliced Carrots	2 Breaded Fish Fillet Yogurt Tartar Sauce Steamed Green Beans Yellow Plantains	3 Lentil Chili Brown Rice California Blend Vegetables
11		12	13	14	15	16	17
Chicken with Tomato Sauce Garlic Mashed Potatoes Green Beans		Mexican Style Chicken Thighs and Rice Steamed Broccoli Steamed Green Beans	Cheese Lasagna Rollups with Tomato Sauce Steamed Carrots Steamed Cauliflower	Beef Meatloaf with Mushroom Gravy Smashed Red Potatoes Steamed Broccoli	Black Bean and Sweet Potato Chili Winter Blend Vegetables	Spanish Style Baked Fish Cous Cous Vegetable Mix (non-starchy)	Stuffed Shells with Cheese with Homemade Tomato Sauce Steamed Cauliflower
18		19	20	21	22	23	24
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 Steamed Green Beans	Chicken Kofta with Tomato Curry 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 Pork Chops Brown Gravy Parmesan Rosemary Mashed Potatoes Normandy Blend
25		26	27	28	29	30	
Butternut Squash Whole Wheat Mac and Cheese Beets and Baby Carrots with Dill Steamed Cauliflower		Chicken Parmesan with Sauteed Onions and Garlic with Penne Baby Carrots with Parsley	Grilled Chicken Breast Mushroom Gravy Rice and Red Beans Steamed Broccoli	Stewed Chicken Breast Cous Cous Steamed Cauliflower	Pork Spare Ribs with BBQ Sauce Sweet Baked Yams Green Beans	Teriyaki Glazed Fish Yellow Plantains Vegetable Mix (non-starchy)	Chicken with Tomato Sauce Brown Rice California Blend Vegetables
Cheese Tortellini in Alfredo Sauce Italian Blend Vegetables Normandy Blend		Stuffed Shells in Tomato Sauce Baby Carrots with Parsley Green Beans	Honey Mustard Chicken Baked Sweet Potato Steamed Broccoli	Chicken Tefteli Yellow Rice California Blend Vegetables	Creamy Beef and Mushroom Sauce Egg Noodles Normandy Blend	Homemade Coconut Breaded Fish Yogurt Tartar Sauce Cuban Black Beans Steamed Cauliflower	

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).