




JUNE 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
					1	2	3
					Sweet and Sour Pork Chop Garlic and Rosemary Roasted Potatoes Steamed Green Beans	Baked Fish Dill Lemon Sauce Cous Cous Vegetable Mix (non-starchy)	Jumbo Stuffed Shells with Meat Sauce Normandy Blend
4	5	6	7	8	9	10	
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 (non-starchy)	BBQ Pulled Pork Baked Sweet Potato Steamed Broccoli	Chicken Meatballs Mushroom Gravy Egg Noodles Steamed Sliced Carrots	Breaded Fish Fillet Yogurt Tartar Sauce Yellow Plantains Steamed Sliced Carrots	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 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 Couscous with Peas and Lemon Spiced Mixed Vegetables (non starchy)	Stuffed Shells with Tomato Sauce Steamed Carrots 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 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 Pork Chops 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 Sautéed Onions and Garlic with Penne Baby Carrots with Parsley	Grilled Chicken Breast Mushroom Gravy Rice and Red Beans Steamed Broccoli	Pork Spare Ribs with BBQ sauce Sweet Baked Yams Green Beans	Beef Meatballs in Tomato Sauce Barley Lemon Pilaf Steamed Cauliflower	Teriyaki Baked Fish Yellow Plantains Vegetable Mix (non-starchy)		

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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).