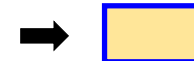





JUNE 2023 - LATIN FROZEN MENU

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	2	3
				Chicken Parmesan Tomato Sauce with Pasta Steamed Broccoli and Cauliflower	Fish with Creole Sauce Yellow Rice and Pigeon Peas Steamed Carrots	Three Bean Chili with Cheddar Cheese Perfect White Rice Italian Blend Vegetables
4	5	6	7	8	9	10
Spanish Style Baked Chicken Spanish Brown Rice and Beans California Blend Vegetables	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans	Baked Pork Chops Yuca with Onions Steamed Sliced Carrots	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables	Caribbean Style BBQ Chicken Couscous with Peas and Lemon Vegetable Mix (non-starchy)	Fish with Creole Sauce Yellow Rice Steamed Broccoli	Butternut Squash Whole Wheat Mac and Cheese California Blend Vegetables Normandy Blend
11	12	13	14	15	16	17
Aunt Doll Okra with Stewed Tomatoes and Chicken Lentils with Spiced Brown Rice and Caramelized Onions Capri Blend Vegetables	Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Beets and Baby Carrots with Dill	Curry Chicken Yuca with Garlic and Lemon Steamed Cauliflower	Pork Spare Ribs Baked Sweet Potatoes Vegetable Mix (non-starchy)	Fish Curry Couscous with Peas and Lemon Steamed Broccoli	Baked Oregano Chicken Cauliflower and Potato Mash California Blend Vegetables
18	19	20	21	22	23	24
Cumin Spiced Chickpea and Tomato Stew Capri Blend Vegetables	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables	Grilled Chicken Breast Rasta Pasta Steamed Broccoli	BBQ Pork Chops Cous Cous Steamed Green Beans	Jerk Chicken Leg Quarter Lentils with Spiced Brown Rice and Caramelized Onions Steamed Cauliflower	Breaded Fish Fillet Cuban Black Beans Steamed Carrots	Stewed Chicken Breast Yellow Plantains Steamed Green Beans
25	26	27	28	29	30	
Stuffed Shells with Cheese with Tomato sauce California Blend Vegetables	Chana Masala Couscous 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 Roasted Potatoes Steamed Broccoli	Baked Breaded Fish Yellow Rice and Pigeon Peas Green Beans	

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).