


JUNE 2023 - LATIN HOT MENU

CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE LATIN HOT MENU

MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
								1		2		3	
										Chicken Adobo Yellow Rice Steamed Green Beans		Breaded Fish Fillet Couscous with Peas and Lemon Steamed Broccoli	
4		5		6		7		8		9		10	
		Carrot, Cauliflower, and Chickpea Stew Barley Steamed Green Beans		Chicken and Broccoli Stir Fry Baked Brown Rice Pilaf Oriental Blend Vegetables		BBQ Pulled Pork Sweet Baked Yams Steamed Cauliflower		Chicken Parmesan with Tomato Sauce and Pasta Steamed Broccoli Steamed Cauliflower		Fish with Creole Sauce Yellow Rice Normandy Blend			
11		12		13		14		15		16		17	
		Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Steamed Green Beans		Baked Pork Chops Brown Gravy Yuca with Onions Steamed Sliced Carrots		Stewed Chicken Breast Cous Cous Steamed Green Beans		Caribbean Style BBQ Chicken Couscous with Peas and Lemon Vegetable Mix (non-starchy)		Fish with Creole Sauce Couscous with Peas and Lemon Steamed Broccoli			
18		19		20		21		22		23		24	
		Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans		Baked Ziti with Cheese Beets and Baby Carrots with Dill		Curry Chicken Yuca with Garlic Lime Sauce Steamed Cauliflower		Pork Spare Ribs Baked Sweet Potatoes Vegetable Mix (non-starchy)		Coconut Curried Fish Brown Rice and Black Beans Steamed Carrots			
25		26		27		28		29		30			
		Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables		Rasta Pasta Roasted Broccoli Steamed Carrots		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			

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).