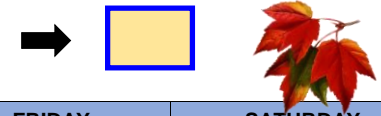


NOVEMBER 2023 - LATIN FROZEN MENU
CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU
 MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			BBQ Pulled Pork Capri Blend Vegetables Sweet Baked Yams <i>Fruit or Juice</i>	Ropa Vieja Polenta Kale with Tomato <i>Fruit or Juice</i>	Baked Salmon w/ Creole Sauce Normandy Blend <i>Fruit or Juice</i>	Three Bean Chili with Cheddar Cheese Baked Brown Rice Pilaf Italian Blend Vegetables <i>Fruit or Juice</i>
5	6	7	8	9	10	11
	Baked Pork Chops w/ Brown Gravy Baby Carrots with Parsley Yuca with Onions <i>Fruit or Juice</i>	Lentil Chili Baked Brown Rice Pilaf Steamed Green Beans <i>Fruit or Juice</i>	Stewed Chicken Breast Cilantro Lime Rice California Blend Vegetables <i>Fruit or Juice</i>	Caribbean Style BBQ Chicken Couscous with Peas and Lemon Beets and Baby Carrots with Dill Vegetable Mix <i>Fruit or Juice</i>	Fish with Creole Sauce Yellow Rice Steamed Broccoli <i>Fruit or Juice</i>	Whole Wheat Mac and Cheese with Butternut Squash California Blend Vegetables Normandy Blend <i>Fruit or Juice</i>
	13	14	15	16	17	18
	Mexican Style Chicken Thighs and Rice Normandy Blend Steamed Green Beans <i>Fruit or Juice</i>	Cauliflower Fried Rice with Tofu and Edamame Baked Brown Rice Pilaf Beets and Baby Carrots with Dill <i>Fruit or Juice</i>	Curry Chicken Broccoli and Red Peppers Steamed Cauliflower Yuca with Garlic and Lemon <i>Fruit or Juice</i>	Pork Spare Ribs Baked Sweet Potato Steamed Sliced Carrots <i>Fruit or Juice</i>	Fish Curry Couscous with Peas and Lemon Broccoli and Red Peppers <i>Fruit or Juice</i>	Baked Oregano Chicken Cauliflower and Potato Mash Steamed Green Beans <i>Fruit or Juice</i>
	19	20	21	22	23	24
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	Rasta Pasta Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Polenta Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	Thanksgiving		25
	20	21	22	23	24	25
	Spanish Style Beef Stew Rice Pilaf Oriental Blend Vegetables <i>Fruit or Juice</i>	Rasta Pasta Prince Edward Blend Vegetables <i>Fruit or Juice</i>	Spiced Lentil and Sweet Potato Stew Polenta Baby Carrots and Parsley Steamed Green Beans <i>Fruit or Juice</i>	Special Thanksgiving Meal Turkey w/ Gravy Stuffing Green Beans <i>Fruit or Juice</i>	Breaded Fish Fillet Cuban Black Beans Steamed Cauliflower <i>Fruit or Juice</i>	Stewed Chicken Breast Steamed Green Beans Yellow Plantains <i>Fruit or Juice</i>
	26	27	28	29	30	31
	Chana Masala Brown Rice with Mushrooms Italian Blend Vegetables <i>Fruit or Juice</i>	Chicken Kofta w/ Tomato Curry Beets and Baby Carrots with Dill Yuca with Onions <i>Fruit or Juice</i>	Stewed Oxtails with Lima Beans Cooked Cabbage with Shredded Carrots Yellow Plantains <i>Fruit or Juice</i>	Stewed Chicken Breast Garlic and Rosemary Roasted Potatoes Steamed Broccoli <i>Fruit or Juice</i>		
	31	31	31	31		

All meals will be accompanied by a carton of milk, whole wheat bread, margarine. Fruit OR juice varies per day.